

Canadian Living

40th ANNIVERSARY

Party Perfect

42 RECIPES FOR EASY ENTERTAINING

SEASONAL SWAP

TRANSITION YOUR
HOME FROM HOLIDAY
TO EVERYDAY



New Year's
Nibbles
P. 86

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WITHOUT
LEAVING
HOME

4 WAYS TO WEAR IT
A CLASSIC WHITE SHIRT

The Ultimate

OUR GOLDEN CRISPY ROASTED POTATOES P. 75



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Photography, Ryan Brook
Food styling, Annabelle Waugh
Prop styling, Catherine Doherty

IF YOU COULD
ACCOMPLISH ONE
FEAT THIS YEAR,
WHAT WOULD IT BE?

Canadian Living

EST. 1975 | VOLUME 40, NO. 1 | JANUARY 2015

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"To purge,
donate and
organize my
closets."

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"Learning guitar. I'm
aiming to release
my inner rock star."

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less and
enjoy more."

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"Cook a big batch
of something every
Sunday so that my
family has yummy
dinners for the week."

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"I ran my first 5K in 2014.
I'm looking forward to
training for a 10K next!"

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"Write and publish
another book."

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"Go boxing for
the first time—and
learn how to throw
a proper punch!"

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"Finish a novel."

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"Training for a half
marathon again."

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IT

hoever coined "40 is fabulous" got it right. All of my misgivings about hitting the big "four-oh" (Have I done enough with my career? Am I spending enough time with my kids? Why is a hair suddenly growing out of my chin?) shrunk into insignificance when compared to the long list of benefits this milestone brings: experience, confidence, a network of amazing people in my life. Most of us need a few decades of trial and error to come into our own, and, for whatever reason, it all seems to click around 40.

Watch for
this seal!



It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com.

CHAT WITH HAYLEY WICKENHEISER

Join us on Twitter as we chat with five-time Olympic medallist Hayley Wickenheiser on Dec. 17 from noon to 1 p.m. EST. No need to RSVP—just drop in.



Here's the
first-ever

Canadian Living

magazine cover
from December
1975. Curious
about what was
inside? You can
get the entire
issue for your
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or visit canadianliving.com/mobile_experience for more info.



Our Big Year

As *Canadian Living*'s new editorial director (hi!), I can promise you that 40 is going to be a fabulous year for this magazine, too. Starting with this issue and continuing throughout 2015, we'll be sharing some of the very best recipes and advice from our archives. It's been oh-so cool to discover how much of our past content still feels modern and relevant today—like the home and lifestyle tips compiled in "Best Advice Ever!" (page 10) and our take on cabbage rolls (page 84), a classic comfort food that we notice you've been searching for on our website, canadianliving.com.

And because—to quote another popular idiom—life begins at 40, we're also bringing some new perspectives to these pages. I'm excited about our yearlong lineup of guest editors, beginning with star hockey player Hayley Wickenheiser on page 8. Find out what makes her proud to be Canadian, then flip to page 25 to find out how she's helping kids get active and stay healthy.

The guest editor we're hoping to hear from most often, though, is you! All year long, we'll be asking you to share your favourite stories from the past 40 years of *Canadian Living*. We'd love for you to contribute ideas about what you want to see on these pages, on the website and on the app. (Remember, this is *your* magazine, too!) And if you've got a great idea that can't wait, email us any time at letters@canadianliving.com or tweet me @sandraemartin.

Sandra E. Martin,
multiplatform editorial director

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In celebration of our 40th anniversary this year, each month we'll be featuring insights from a remarkable person who is making a positive impact on our nation and the world. Please welcome our *Canadian Living* guest editors!



Hayley was inducted into Canada's Walk of Fame in October. Watch the ceremony Dec. 19 at 8 p.m. EST on Global.

Hayley Wickenheiser

OUR JANUARY GUEST EDITOR

ON THE ICE, SHE'S KNOWN AS NUMBER 22, a forward for Canada's women's national hockey team. Off the ice, this month's guest editor is a mom and a medical student, and she's helping kids get involved in sport. Hayley Wickenheiser shares her thoughts on the themes of this issue and what it means to be Canadian.

What do you love most about January? "It's a new year, a new start. The year turns over and everybody has renewed energy. And I love the second half of hockey season; you're always filled with promise that it will be better."

Our theme for January is Change for Good. What positive changes have you made in your life? "I'm constantly trying to make changes for the better. I always try to evaluate where I'm at with my career and my play on the ice to find different ways I can get better. I also try to improve what I'm doing with charitable work to make the greatest impact. Every day I think about making a difference without getting spread too thin."

What makes you proud to be Canadian? "In the face of adversity, Canadians are incredibly resilient as a nation. They stick together; they show resolve. And when I travel around the world as a Canadian athlete, I don't have to hide the Maple Leaf on my backpack or my jacket or worry about facing condemnation for being Canadian. People really respect Canada and stand by what we believe in."

What's your favourite place to be in Canada? "I travel so much that my favourite place is at home in Calgary."

What's your favourite Canadian food? "Back bacon!"

What's the most important thing we can give to the next generation of Canadians? "A sense that they have a voice and can make a change. I was at the event in October where the prime minister was supposed to bestow honorary citizenship to Malala Yousafzai, but it was cancelled [due to the shooting at Parliament Hill]. There were these teenage girls who were talking about sometimes feeling marginalized or isolated.... To know that they are our future, to know that it's important to stand up for what they believe in and to know that democracy is about being able to share their opinions freely and not be looked down on—that's what we need to give them."

What do we need to change in Canada right now? "We're a very humble nation, but we need to show our pride in Canada. We need to do a better job of embracing and celebrating the successes that we have as Canadians. Also, the epidemic of obesity and sedentary kids is a huge, huge issue to combat through active and healthy living."

More inside **Read Hayley's story on how she encourages kids to get active on page 25.**

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NEVER LET
A DARK SPOT
STEAL MY
SPOTLIGHT.”

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1 If you're a sound sleeper and your alarm clock has too quiet a ring, place it in an aluminum pie tin. — 1976

2 The next time you use a roller for painting, slip the tray into a loosely fitting plastic bag before pouring in the paint. Remove the bag when you're finished; your cleanup will be cut in half. — 1976

3 Avoid eye infections by washing your makeup brushes frequently and replacing eye makeup (especially mascara) every three months. — 1977

4 Keep your poinsettia long after the holidays. Place the plant in a bright area with southern or western exposure. The red, pink or white bracts will keep their colour for about four months. — 1980

5 Buy ground coffee in small quantities and use it up quickly—it can go stale in a week. — 1982

BEST ADVICE EVER!

40 timeless tips from the archives of *Canadian Living*

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are **four decades'** worth of wisdom from the January issues of *Canadian Living*.

6 The delicate skin around your eyes has no oil glands, so it ages quickly. To curb wrinkles, use your ring finger to gently pat eye cream from the outside of the eye toward the nose. — 1981

7 To bring out your hair's natural shine, mix a few tablespoons of vinegar with a quart of warm water and use as a rinse. — 1981

8 If a Christmas gift is the wrong size, admit it. Exchange it for the proper size and wear it on the first suitable occasion so the gift giver knows that you like the present. — 1982

9 To conceal a deep scratch on a wooden tabletop, melt and drip a wax crayon (in a colour that matches the wood) over the damaged area. Let cool. Scrape off the excess with a dull knife, then wax or polish to match the rest of the surface. — 1984

10 Want to make a ceiling look higher? Paint it a lighter shade than the walls. — 1984

11 Let candle-wax drippings on upholstery harden. Once dry, remove as much as possible with your fingers, then gently scrape off the rest with a dull knife. Apply a heavy flannel cloth and gently press a warm iron on top; the cloth should absorb the melted wax. — 1984

12 Winterproof your skin by switching to richer face and eye creams in the winter months. Skip long, hot baths and showers, as they can dry out skin. To further offset dryness, humidify your home. — 1985

13 To test fish for doneness, using a fork, pull the middle part of the fish gently; if it flakes easily, then the fish is done. — 1986

14 Never rub an area that has been frostbitten. Instead, reheat frostbitten areas with body heat, tucking frostbitten fingers under arms or between legs. — 1986

15 Frame traditional oil paintings in heavy frames that suggest the period of the painting. Watercolours and contemporary prints should be matted and framed as simply as possible. — 1986

16 Choose herbs that complement the flavour of your soup, such as fresh basil on a chunky tomato soup or mint on a fresh pea soup. Leave herb sprigs whole for a dramatic look. — 1987

17 Apple cider vinegar is a great substitute for lemon juice in honey-and-lemon mixtures for relief of coughs, colds and sore throats. — 1989



18 Want to use dried instead of canned lentils? Rinse, then simmer 1 cup dried green lentils in about 5 cups water until tender, about 25 minutes. Drain well. — **1990**



19 Shop alone with your grocery list—and never on an empty stomach. — **1992**

20 Skipping breakfast makes it difficult to get the fibre that you need for the day. Try to find cereals or other breakfast options with at least four grams of fibre. — **1992**

21 Buy herbs and spices in bags at a fraction of the price of those packaged in jars. — **1992**

22 Stock up on nonperishable staples, such as pasta, rice, canned tomatoes, beans and frozen vegetables, when they're on sale. — **1992**

23 The trick to sticking to your New Year's resolution is staying busy. If you're quitting smoking or attempting to cut down on junk food, keep your hands occupied; try a new hobby or pick up a favourite pastime that you haven't done for years. — **1994**

24 Follow the three-layer rule for maximum warmth and comfort when exercising outdoors in the winter: Start with a sweat-absorbent inner layer, add a lightweight fleece-lined vest and, finally, wear a synthetic outer layer that's water-resistant. — **1998**

25 Undress in your hallway—not in your bedroom—if you've been near smokers or spent time near others' pets. That way, allergens aren't deposited where you sleep. — **1999**

26 If you're mixing prints (pairing a plaid skirt with a paisley blouse, for example), one or two of the main colours should be the same. — **2001**

27 Your shovel will easily glide through any kind of snow after a quick spritz of nonstick cooking spray. Just be sure to clean off any dirt on the shovel before you spray it. — **2001**

28 Eat those cranberries! The anthocyanins in the berries fight free radicals, warding off heart disease and cancer, and act as a natural antibiotic. — **2002**



29 Stuff a glass hurricane with crunchy cellophane before inserting fresh flowers. When the glass is filled with water, the cellophane will create the appearance of crushed ice. — **2002**

30 Place a decorative mirror behind a vignette of treasured ornaments and candles. The mirror will make a small arrangement look larger and cast a beautiful reflection. — **2002**

31 Apply a dab of clear nail polish to the centre of each button on a new item of clothing. Once the polish is dry, the threads won't unravel and the buttons won't come off. — **2003**

32 Avoid mixing stainless-steel and silver flatware in the dishwasher: A chemical reaction between detergents and stainless steel tarnishes the silver. — **2005**



33 When setting a buffet table, stack only dishes at one end so that guests can fill their plates without fumbling with cutlery and napkins, which should be placed at the opposite end. Set out food in the same order as a sit-down meal: appetizer, salad, main course, dessert and drinks. — **2006**

34 If your child was born during the holidays, consider celebrating at another time of year, such as late January, or throw a party with a theme that's diametrically opposed to the holidays, such as a Hawaiian luau. — **2008**

35 Free up a hand when serving hors d'oeuvres by offering espresso-cup saucers as appetizer plates. They sit snugly atop the rim of a wine glass. — **2008**



36 At a formal table setting, utensils are always placed in their order of use, beginning farther from the dinner plate and working inward. — **2008**

37 Revive dry, brittle nails by soaking them in lukewarm water for one minute, then in warm olive oil for five minutes. Rub the excess oil into your hands for added hydration. — **2010**

38 Freshen your home before a party by simmering cinnamon sticks, a little vanilla and lemon and orange zest in a pot of water to create an inviting fragrance. — **2012**

39 Ditch standard silver ornament hooks and opt for green wire hangers. They're virtually invisible against your Christmas tree, so your decorations remain the focus. — **2013**

40 Frozen grapes aren't just a healthful holiday snack; they're also a great way to chill a glass of that room-temperature white wine your guests brought for dinner. Unlike ice cubes, grapes won't dilute the wine as they thaw. — **2013**

IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF *CANADIAN LIVING* THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT *CL40th@canadianliving.com*.

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Beauty Forecast

There's a lot to look forward to in January: ice skating, curling up by a roaring fire, wrapping up in cashmere while sipping Cabernet. What we're not looking forward to? Walking the dog, freezing rain and indoor heating. Low humidity outside and dry heat inside sap moisture, leaving complexions parched. Skip winter-distressed skin with these moisture-charged creams, serums and masks. Each one promises to top up hydration and impart a glow no matter how low the mercury dips.

BY JULIA MC EWEN

Darphin Hydraskin Intensive Skin-Hydrating Serum

Ruddy complexions will benefit from this serum, which harnesses Darphin's extreme hydration complex, a cocktail of intensely hydrating pomegranate essence, urea (which exfoliates dead cells and allows moisturizing ingredients to penetrate) and polyquaternium (which adds moisture while creating a barrier against water loss). \$100, murale.ca.

Fresh Crème Ancienne Soft Cream

This ultra-luxe cream will win over even the shrewdest skin-care shoppers. Inspired by the brand's Crème Ancienne Eye Cream—each jar is handmade in a monastery—this latest handcrafted offering is designed for the face and neck. The weightless moisturizer is quickly absorbed, providing instant and long-lasting hydration. \$164, sephora.ca.

Soothe your skin with this aloe-rich gel mask.

Naturopathica Aloe Replenishing Gel Mask

An alternative to thick masks that can be too concentrated for oily or sensitive skin, this lightweight gel mask calms and helps reduce redness with anti-inflammatory aloe vera. Moisture-binding prickly pear cactus essence and hyaluronic acid work to drench skin, leaving it plumped and radiant. \$52, naturopathica.com.

Etival Aqua Surge Serum

This cooling serum fights dullness and dryness and helps reduce the appearance of fine lines from the very first application. The botanical-packed gel-like serum delivers hydration to thirsty skin, instantly softening the epidermis without leaving it slippery. Daily use, followed by a moisturizer, is your ticket to beautiful skin. \$22, shoppersdrugmart.ca.

RoC Pro-Preserve Anti-Oxidant Nourishing Cream

Plenty of moisturizers brag about lending hydration, radiance and calming powers, but this rich cream takes it one step further. Avocado and grapeseed oil, along with nourishing shea butter and hyaluronic acid (a molecule that attracts and retains more than 1,000 times its weight in water), boost skin's density while helping promote its natural moisture barrier. \$39, shoppersdrugmart.ca.

La Mer The Intensive Revitalizing Mask

The cure for a blah complexion is only eight minutes away with this revitalizing mask. La Mer's signature Miracle Broth, bursting with antioxidants and marine actives, helps energize skin while moisture-rich elastic kelp plumps it up. A purifying ferment blend neutralizes free radicals and protects skin from environmental aggressors. \$180, holtnfrew.com.

Your renewed complexion is just eight minutes away!

Biotherm Aquasource Cocoon

Need to weatherproof your dry skin but despise oily creams? Look no further than this balm-meets-gel formulation. Ultra-nourishing yet light, this cream leaves skin soft. Loaded with the brand's ceramide cocoon complex (ceramides are natural fats found in the skin), the formula seals in water so skin cells don't dry out. \$49, biotherm.ca.



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GIRL CRUSH

“In the '70s, it was all about contouring and making the eyes look really big and glam.”

Rodarte A/W14

“I wear fur vests. I wear a floppy hat. I think I've got a little boho in me.”

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ARQUISTE
FOR
J.Crew

N° 57

ARQUISTE
FOR
J.Crew

⑨

LASH
Sensational

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⑪

WE HAVE A CRUSH ON Grace Lee, lead makeup artist for Maybelline New York in Canada, a mom of two and a World MasterCard Fashion Week backstage staple. Lee rocks a boho biker-chic vibe (she counts Public School and Isabel Marant as her fave labels) while “keying,” or leading, makeup looks for runway shows.

One of the up-and-coming trends that Lee finds exciting is the '70s—specifically, the gold, glitter and drama of Studio 54. “There's something about the glamour that I'm so inspired by,” she says. “When I think of the hair, the makeup—that whole era was about fantasy and dressing up.” And it's not just sequins, lamé and metallics that draw her to the decade. The laid-back post-hippie style evident in denim bell-bottoms, fur vests and fringed boots also intrigues her. “You could throw on a big floppy hat with a totally glam dress,” she says. Such an eclectic approach to style is an idea Lee appreciates. “That's what fashion's about: taking what you like and making it your own.” —Andrea Karr

GRACE LEE

THE INSPIRATION: 1970s Opulence

1. Edie Parker clutch, \$795, holtrenfrew.com.
2. Necklace, \$17, dynamite.ca.
3. Top, \$100, marshallscanada.ca.
4. Yves Saint Laurent Rouge Pur Couture Glossy Stain in Beige Peau, \$38, sephora.ca.
5. Sonia Kashuk All That Jazz 10-Piece Brush Set, \$35, target.ca.
6. Hat, \$50, express.com.
7. Vest, \$365, rudsak.com.
8. Arquiste for J.Crew Perfume No. 57, \$92, jcrew.com.
9. Essie Luxeffects in Summit of Style, \$10, essie.ca.
10. Maybelline New York Lash Sensational Mascara, \$10, maybelline.ca.
11. Dsquared2 sunglasses, \$150, clearlycontacts.ca.
12. Booties, \$150, winners.ca.
13. Maybelline New York Eye Studio Color Molten in Rose Haze, \$10, maybelline.ca.

PHOTOGRAPHY: COURTESY NARS COSMETICS (RODARTE) STOCK PHOTO (DISCO BALLS); JAKE ROSENBERG/THE COVETEUR (LEE); KEVIN WONG (PRODUCT)

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1

Very Berry

Makeup artist **Lori Taylor Davis** talks about the berry lip trend and how to make it your own.

EVERY FALL, there's a bold lip colour that trumps all others on the runway. This year, it's berry—and every iteration of it, from dark blackberry to succulent raspberry. Lori Taylor Davis, director of Smashbox Cosmetics Global Pro Lead Artistry, relates the beauty explosion of rich purplish hues to the glam beauty looks of the late 1970s and early '80s. "On the runway, it was this homage to the glamour girls like Jerry Hall and Bianca Jagger—that Studio 54 look with big hair, a strong lip and an even stronger smoky eye," says Taylor Davis.

While this glamazon look is at home on the catwalk or at a wild party, Taylor Davis suggests focusing on one feature for the office, such as a matte lip with minimal eyeliner and mascara. Or go one step further and forgo blush, using a micronized highlighter instead to enhance the bruised-berry pout. "That way, you don't look too done," says Taylor Davis. However, if you're daring, try a creamy berry lipstick with a reflective copper or terra-cotta shade on your eyelids and a generous helping of black or purple eyeliner and mascara. It's a luxe, dramatic look that's right on trend.

When making a strong makeup statement, choose your clothes wisely. Taylor Davis suggests going bright with hits of fuchsia, yellow or orange, or paring back and wearing only black, cream or grey. "You either have to go all the way or keep it very neutral," she says. —Andrea Karr

PRO TIP: To ensure that your painted pout stays put from cocktails to dessert, apply a primer and fill in your entire lip with liner before applying lipstick. Taylor Davis also recommends using a brush to trace the outer edges of your lips with a small amount of concealer. "The concealer acts as a barrier for the lip colour so it doesn't bleed," she says.

 **WATCH OUR EASY BOLD-LIP TUTORIAL AT** canadianliving.com/puckerup.



Lori Taylor Davis,
director, Smashbox
Cosmetics Global
Pro Lead Artistry

PHOTOGRAPH: VINCENT LIONS (MODEL); COURTESY SMASHBOX COSMETICS (TAYLOR DAVIS); KEYSTONE PRESS (YONGO, KALING, STONE); KEVIN WONG (PRODUCTS); HAIR AND MAKEUP: JODI URICHUK/TRESEMME HAIR CARE/GIORGIO ARMANI/PLUTINO GROUP (MODEL)

Berry Picking

Any woman can pull off a berry lip with confidence. If the multitude of options seems overwhelming, follow these tips to find the most flattering shade for your skin tone.

2



Lupita Nyong'o

3



Mindy Kaling



Emma Stone

FOR DARK SKIN:

Those with deep skin tones shouldn't be intimidated by blackberry lips. If your skin has blue undertones, like supermodel Alek Wek, choose a blue-toned blackberry. If you're more bronze, like Nyong'o, swipe a sheer bronze gloss over top any blackberry hue.

FOR SKIN WITH YELLOW UNDERTONES:

If you tan easily and have greenish veins, your skin likely has yellow undertones. Choose brown or gold berry lipsticks to complement your glow. For the best colour match, test shades on the pads of your fingers, instead of the back of your hand.

FOR SKIN WITH PINK UNDERTONES:

If your skin tends to burn and your veins look bluish at your wrists, you probably have pink undertones. Try a pinkish berry lipstick to pick up the rosiness in your face. For a more natural look, try sheer products. Opaque brights will bring on the drama.

MAKE A STATEMENT

Perfect the bold berry lip with Lori Taylor Davis's four simple steps.

Step 1: Exfoliate your lips with a sugar scrub, a toothbrush or a wet washcloth.

Step 2: Prepare your pucker with a hydrating lip balm or a conditioner. After a few minutes, blot out excess balm.

Step 3: Trace the outer edges with a lip liner that matches your lipstick or is slightly darker. Make sure to define the cupid's bow, then fill and blend from the edges to avoid a harsh line.

Step 4: Apply lipstick with a lip brush or directly from the tube, starting at the centre of the bottom lip. Go all the way to the corners of your mouth.

1. Smashbox Be Legendary Long Wear Lip Lacquer in Beet It, \$28, murale.ca.
2. Revlon ColorStay Moisture Stain in India Intrigue, \$14, revlon.ca.
3. M.A.C Cosmetics Pro Longwear Lip Pencil in Fashion Boost, \$23, maccosmetics.com.
4. CoverGirl Colorlicious Lipstick in Eternal Ruby, \$11, covergirl.ca.
5. Urban Decay 24/7 Glide-On Lip Pencil in Jilted, \$24, sephora.ca.
6. Nars Larger Than Life Lip Gloss in Penny Arcade, \$26, narscosmetics.com.
7. Bourjois Paris Rouge Edition in Violine Strass, \$20, bourjois.ca.



FASHION FAVOURITE

the white shirt

The foundation of any stylish woman's wardrobe includes timeless pieces that can be paired with almost anything. Enter the white button-down shirt.

Express your every style sense with these four cool ways to wear it.

BY JULIA MCEWEN

PHOTOGRAPHY BY CARLYLE ROUTH



Fine quality is worth the splurge: Grosgrain-trim shirt, \$295, pinktartan.com.



GRAPHIC CONTENT

Black and white plus chic equals sartorial elegance. This timeless shirt is the ideal piece to balance out bold-patterned slacks or a cardigan. Just add a pop of colour with bright red lipstick.

Atwell cardigan, \$130; Renvy booties; gilt.com. Pants, \$158, canada.frenchconnection.com. Modern Love glasses, josephson.ca. Earrings, hm.com/ca. Six Eleven bag, aritzia.com.

SHLEPPY CHIC

A basic white shirt tucked under a heavy knit sweater lends a cozy yet polished silhouette. The different layers provide interest while keeping you snug. From there, don relaxed denim and a slim pair of flats.

Coat, \$75, oldnavy.ca. Sweater, \$299, tigerofsweden.com. Boyfriend jeans, \$80, gapcanada.ca. Earrings, lechateau.com. Ring, swarovski.ca. Renvy flats, gilt.com.



POSH SPICE

Buttoned all the way up and tucked into a fitted midi skirt, the white shirt becomes streamlined and ultra-polished. For a more refined look, layer on a tweed jacket and slip a bejewelled necklace under the collar.

Tweed jacket, \$139; bracelet, ring; annataylor.com. Midi-length skirt, \$60, gapcanada.ca. Earrings, bananarepublic.ca. Necklace, jcrew.com. Leather shoes, ninewest.ca.

LAYER PLAYER

Layering a flirty patterned jumper over a crisp white shirt might be your new go-to office getup. For a fancier soirée, pair the classic button-down with an inky sleeveless cocktail frock and a statement necklace.

Jones New York dress, \$159, thebay.com. Earrings, hm.com/ca. Bracelet, banana republic.ca. Ring, annataylor.com. Bag, brooks brothers.com. Suede shoes, ninewest.ca.

Not-So-Basic White Shirts



Wrinkle-resistant fabric makes this piece perfect for a jet-setting lifestyle. *Jones New York Collection easy-care blouse, \$60, thebay.com.*



A billowy collarless tunic in a lightweight fabric has an artistic flair. *Collarless silk tunic, \$59, joefresh.com.*



Longer than a blouse but shorter than a dress, an oversize white shirt is wildly versatile. *Oversize white shirt, \$94, annataylor.com.*

PRODUCT PHOTOGRAPHY, RYAN BROOK.
HAIR AND MAKEUP, JUKKA/TRESEMMÉ HAIR CARE/
DIOR/PLUTINO GROUP

Knitting Pretty

Cozy up this winter with a classic and comfortable heritage staple: the cable-knit sweater. Here are four chic ways to rock this must-have knitwear. **BY JULIA McEWEN**

APRÈS-SKI

Look as if you're fresh from hitting the slopes—or sipping some *chocolat chaud* in the lodge—in a cozy-meets-sleek ski-inspired getup. Priya down-filled jacket, \$980, mackage.com. Jessica wedge boots, \$80, sears.ca. Tuque, \$50, bananarepublic.ca. Pants, \$220, fidelitydenim.com.



THE TREND
Cable-knit sweater, \$39, joefresh.com.

SILVER LINING

Remember those statement pants you bought on sale months ago but haven't worn? Make New Year's Eve their debut! Boots, \$199, hm.com/ca. Scarf, \$199, tigerofsweden.com. Bag, \$205, bananarepublic.ca. Ring, \$264, thomassab.com. Pants, \$325, tedbaker.com.



RUSTIC REDUX

Hosting a petite holiday brunch? Pair the sweater with a rich black velvet skirt for a refined yet festive party look. Necklace, \$30; shoes, \$70; express.com. Anne Klein velvet maxi skirt, \$99, thebay.com. Jimmy Choo Estelle sunglasses, \$465, at select optical retailers.



SUGAR & SPICE

Hits of powdery pink and Tiffany blue bring this look into ladylike territory. The addition of chunky heels keeps things pretty instead of prissy. Coat, \$228, express.com. Skirt, \$29, joefresh.com. Bag, \$60; boots, \$200; winners.ca.

"My ultimate sweater look is a roomy knit juxtaposed with an embellished pencil skirt."

— JULIA MCEWEN, FASHION & BEAUTY DIRECTOR



Julianne's Faves

Garnier Ombrelle Ultra-Fluid Lotion for Face SPF 60, \$17, available at drugstores and mass-market retailers across Canada. L'Oréal Paris Fibralogy Thickening Booster, \$8, lorealparis.ca.



was three, we were in a bookstore in a mall, and he said, 'Look, Mommy, Julianne Moore.' **How do you care for your skin?** "I wear sunscreen, sunglasses, hats—all of it! That's the number-one thing. You have to stay out of direct sunlight whenever you can. It all adds up. I'm good about cleansing my skin and wearing eye cream. I also use L'Oréal Age Perfect Facial Oil, then I usually layer it with a moisturizer with sunscreen."

Has Tom Ford offered you any advice? "Right before the Venice Film Festival, I had gained some weight, and I was panicked. Tom was making my dresses, so I emailed him, and I was, like, 'Oh, my God, I don't know what to do. I feel so fat.' And he emailed back: 'Stop eating.' He really made me laugh, because I thought, Oh, really, that's it, is it?"

INSTA-BEAUTY: OUT, DAMNED SPARKLE!

A manicure flecked with glitter seems like a great idea before the party; afterward, however, removing the polish can really kill your vibe. We've all been there: soaking, scraping and picking at each individual sparkle—to no avail. Finally, the cries of frustration have been heard. SpaRitual, a California-based vegan nail- and body-care brand, has formulated a peel-off base coat specifically for glitter polish, debuting Feb. 1. Simply apply a thin layer of the base coat, allow it to dry, then apply polish. Your mani should last one or two days, then you can peel it right off—no soaking, scraping and picking necessary. —Andrea Karr

PHOTOGRAPHY: KEVIN WONG (NAIL POLISH); RYAN EMBERLEY (MOORE)



SpaRitual Unveil Peel Off Basecoat, \$17, sparitual.com.

Five Minutes With

JULIANNE MOORE, ACTOR

With a film career spanning more than two decades, Julianne Moore is renowned for her captivating film roles, her red-carpet swagger and those legendary red locks. I caught up with the 54-year-old actor while she was in town for the Toronto International Film Festival. Not only was she promoting two films but she also stepped into her L'Oréal Paris beauty-ambassador role to host a glitzy cocktail soirée. Wearing an enthralling white Alexander Wang dress, Moore was exactly what you'd hoped she'd be—and more. —Julia McEwen

When do you feel most attractive? "When I've had a day where I feel like I've successfully completed all the tasks at hand, I think that's when I feel most confident, attractive and accomplished. I tell my kids that, too. We can talk about physicality a lot—what you look like and stuff—but what never goes away is what you can do."

How do you teach your kids about healthy body image? "We talk a lot about valuing what's on the inside. I have a teenage son, too, so the same goes with him. They know that appearance is an illusion. They see the difference between what I look like in real life and what I look like on a magazine cover. When my son



Matos indigo leather bucket bag, \$495.

DESIGNER SPOTLIGHT: MACKAGE HANDBAGS

Last year, it was love at first sight when we laid eyes on Mackage's new addition: handbags. Cofounders and co-creative directors Elisa Dahan and Eran Elfassy knew it was the next step for their Montreal-based brand. "We've mastered coats; now we want to master handbags," says Dahan. Today, the great Canadian outerwear brand has hit its stride with sharp, architectural leather carryalls that have garnered international attention for their structured shapes and unique arrow clasps. This season's accessory lineup includes even more variations. "After two seasons, we realized we were missing slouchy bags," says Elfassy. Mackage's handbag collection remains graphic but now has a softer side with sling and bucket styles. —JM

All bags available at mackage.com.



Alby black quilted-leather mini cross-body bag, \$350.



Rubie small tan cross-body bag, \$295.



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The Power of Play

Four-time Olympic gold medallist **Hayley Wickenheiser** says the key to staying active is starting young.

BY JILL BUCHNER

FOR HAYLEY WICKENHEISER, it started when she was a little girl. After spending hours with her dad watching the Oilers, a lifelong passion was ignited. "I asked my dad if I could play, too," remembers the now-famous hockey player. So Hayley's dad built a rink in the backyard of their Shaunavon, Sask., home, and soon, her younger brother and sister and all the neighbourhood kids joined the five-year-old on the ice for games, sticks in hand. "I loved hockey right from the start," she says. "It was such an exciting game. Every time you stepped out there, you could do something different."

As a kid, Hayley was always outdoors, being active. She had some key role models close to home: Hayley's dad played hockey and her mom curled, taught phys-ed and led aerobics classes. But they never pressured their kids to get involved in any particular activity. "My parents always said, 'We don't care what you do, but you're going to have to do something,'" recalls Hayley with a laugh. ▶



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Join our Twitter chat about kids in sport with Hayley Wickenheiser!
Follow @canadianliving on Dec. 17.



GET ACTIVE!

In Canada, kids spend an average of six to nine hours each day being sedentary, and just 37 percent of parents play actively with their kids. It's time to start moving together.

1. Hit the slopes with a toboggan. The excitement of racing downhill will motivate them to climb back up.

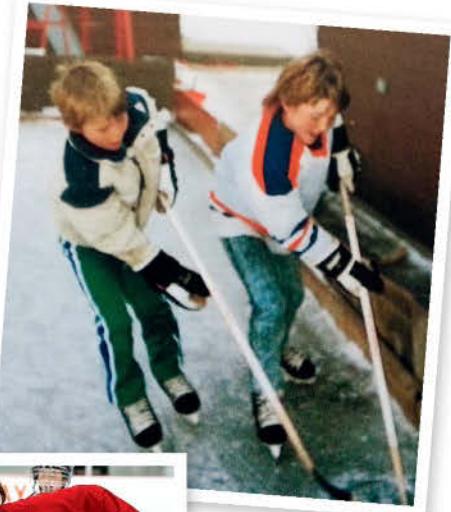
2. Head to a local pool for a swim. It doesn't have to be competitive to benefit their health.

3. Leave the car at home and cycle to the library, the movies or other fun attractions.

4. Pack a picnic and go for a hike! Venturing into a forest or park will help nurture kids' love of nature.

5. Visit a rock-climbing gym and let the kids literally climb the walls.

"You can't force children to be something they're not. It's about exposing them to different things and allowing them to find their passion."



For her, "something" was playing hockey with such devotion that she became a leader in the sport. The first woman to score in a men's professional league, she went on to earn five Olympic medals and was named MVP on multiple occasions.

Today, more than 30 years after she first stepped onto the ice, Hayley, 36, still plays hockey and she continues to follow her parents' mantra with her own child. When it comes to her 14-year-old son, Noah, she knows it's important that he's active, even if it isn't through hockey.

Hayley did her best to pass on her love of hockey to Noah. "I wanted him to learn how to skate, so I kind of forced him to skate for the first five or six years of his life," says Hayley, who insists that skating and swimming are skills every Canadian should have. But Noah didn't love being on the ice the way she did. "I knew it wasn't going to be his thing, and that's OK." Following in her parents' footsteps, Hayley exposed Noah to as many activities as possible: gymnastics, swimming, hip-hop dancing, basketball, volleyball, —you name it. As it turned out, Noah loves the water and became a competitive swimmer by Grade 1.

Noah still swims, though not competitively, and is a cadet who loves the outdoors. Together, they go biking, hiking and, sometimes, swimming. "He's much better than I am," laughs Hayley. "He has his own interests, his own life, and hockey has never been part of it." And she doesn't



mind one bit. "He knows what he wants to do, and it makes me very proud to see him so committed to something."

But he's a teenager, and even Olympic athletes struggle to keep their kids active at times. "I have to drag him off the Xbox, too," says Hayley. But the effort is worth it today, and it will be years down the road. "I see the difference in my son's demeanor when he goes to the pool and swims for an hour, how much happier and outgoing he is afterward versus sitting on the couch, staring at the television."

In Hayley's own life, the benefits of sport are clear, and they go well beyond her collection of medals. "The skills you learn in team sport translate to every aspect of life," she says. "You learn how to work together toward a common goal, you learn how to accept others even if they think differently than you do and you get a sense of accomplishment from doing something together." And though Hayley says there's no better feeling than the moment you win gold for your country, she's learned more from her losses. "I think you have to lose many times in your life in order to learn how to win. Failure is part of learning how to be successful."

These days, Hayley takes the skills and knowledge she's learned from sport and

applies them to research. With a dream of becoming a doctor, she's currently working on her master's degree in medical sciences at the University of Calgary, studying how exercise can impact the brains of youth with autism. "Everybody knows exercise is good," she says, "but what hasn't been researched in this country is the link between exercise and brain health. I think there's a huge untapped world that we can look at further."

Hayley supports charities such as Right to Play, which uses play to educate and empower kids in developing nations, and KidSport, which offers financial assistance to families who can't afford sports registration and equipment. And she hosts the Wickenheiser World Female Hockey Tournament in Calgary to help grow the sport for young women, giving them a weekend in which they can compete, meet players from around the world and learn skills from some of the best in the game.

"When I grew up, I often had to fight for the right to play—just because I was a girl playing in a male-dominated sport—so I feel very passionate about trying to give kids the right to play," says Hayley. "Sport has equipped me with the skills to go forward in life." What more could parents want for their children? ●



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Keep Ballin'

Exquisite style isn't only for Italian-designed handbags. Technogym, the creator of high-end

gym equipment, adds Italian flair to your at-home fitness sessions. Showcased in the health clubs of hotels like the Fairmont, these esthetically pleasing offerings include a treadmill that's powered by your workout and a sleek washable, antibacterial covered **Wellness Ball** (above). Switch out your desk chair and start training your core all day long. **Wellness Ball - Active Sitting, \$242, technogym.com.**

Bring It In!

Forgo your routine treadmill workout. The latest ways to stay in shape stream on your iPad, adorn your wrist or unfold in your living room—and often involve a little friendly competition.

BY KATE DALEY & JILL BUCHNER



Go Boarding Want a wicked workout without water? The hottest fitness trend is going indoors. While traditional standup paddleboard (or SUP) yoga involves a local pond, lake or ocean, the **Indo Yoga Board** simulates the muscle-activating instability of water without the need to brave the elements. The bottom side has four arches that create a wobbly water-like surface to help target all of those mini muscles. The more advanced yogi can also place inflatable cushions underneath. *From \$315, indoboard.com.*



Wearable Tech

Launching early this year, the **Apple Watch Sport** measures the quality, frequency and quantity of your movements to give

you a complete picture of your daily physical activity via your iPhone. A built-in sensor on the watch tracks your heart rate (read: intensity), uses GPS to monitor how far you've moved, counts your calories and tells you how much time you've spent sitting versus standing (take that, sitting disease!). At the gym, use the workout app to communicate with your watch so you can set goals and review a post-sweat-sesh summary. *From US\$349, apple.com.*

Better Than Barefoot

For those who dislike going without shoes in a barre session or worry about slipping during a steamy yoga class, these **Nike Studio Wraps** offer both hygienic protection and traction. Stretch foam supports your arches, silicone traction grips the ground and subtle padding cushions your heels. Plus, the slip-ons leave your toes free to grip and point.



The pack comes with ribbons for a pointe-shoe effect and rubber ballet flats to wear over your wraps on the way to and from class. **Studio Wrap Pack 2, \$135, nike.com.**

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Sahra Esmonde-White, cofounder of the Essentrics fitness program

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Stretch It Out

Thanks to Essentrics TV, you no longer need a DVD player to exercise in the comfort of your house. Co-creators Miranda and Sahra Esmonde-White have customized their unique stretching and strengthening workouts for easy streaming on mobile devices, so all you need is an Internet connection. A monthly membership gives you unlimited access to both Essentrics and classic stretch workout clips (and new workouts are added monthly). Try it for \$15 a month on essentrics.com.

Fitness and Function

Started by a Canadian media company, Evolve Functional Fitness is an equipment-free digital workout that you can stream using any Wi-Fi-enabled device. With four top-notch trainers to choose from, (including Toronto fitness expert Brent Bishop and world-renowned yogi Janna Webb), you can customize your exercise and your expert. Take a fit test to start, then choose from three fitness levels all while workin' it to your own iTunes playlist or a DJ-mixed set. Try it for \$8 a month on evolvefunctionalfitness.com.



CHANGE YOUR SCENERY

The new wave of high-tech fitness is all about simulation-assisted exercise. Whether you want to ride as if you're competing in the Tour de France or go on an outdoor adventure in your living room, there's a virtual workout for you.



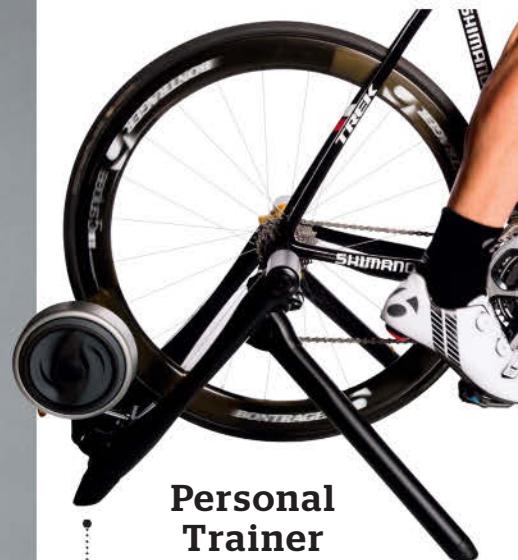
Lead the pack. Got a competitive streak? Check out the latest in indoor cycling. A computerized bike sends your stats to a leaderboard that displays your rank and cycling intensity, which will quickly motivate you to avoid falling behind the rest of the class. Your instructor might choose to base the competition on speed or calories burned. You can access stats later to see how you did and to continue to push yourself to a new personal best. There may not be a finish line or a trophy, but this is one intense race.



Get immersed. Ever wondered what it would feel like to be in a video game? Reebok and Les Mills have partnered to develop a revolutionary fitness program that uses 360-degree video screens to immerse you in your workout. Coming to Canadian gyms soon, The Project: Immersive Fitness includes a cycle class (ride up and down hills on an illuminated track), a combat workout (battle virtual bad guys—a visual target gives your uppercut extra oomph) and a yoga class (do asanas under the setting sun).



Achieve balance. If you don't love the gym, try a virtual workout from the comfort of your home. Wii Fit U lets you scale an outdoor rock wall, barrel down a luge track or join a row crew—all from the safety of your Wii Balance Board. Though the workouts aren't quite as intense as the real thing, the more than 70 activities will keep your body guessing. The personal trainer feature will help you meet your personal fitness goals, and the online gym communities allow you to share your achievements.



Personal Trainer

Don't let bad weather shelve your daily ride; when the ice and snow hit, set up your bike on a training stand at home. A wind or magnetic trainer (\$190 to \$600 on sites like cycleops.com) is a great way to get in a workout without venturing outside.

Throw on your favourite Netflix series to stay entertained or try a downloadable cycling video like the ones from thesufferfest.com. You'll be a stronger cyclist by spring—guaranteed!



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OUT OF TIME

Thousands of Canadians are waiting for organ transplants, and many will die on waiting lists. Yet, only a fraction of people have registered to donate their organs and talked to family about their wishes to donate. For the Antolins—and many families like them—that conversation can mean the difference between life and death.

BY JILL BUCHNER PHOTOGRAPHY BY SANDY NICHOLSON



The Antolin family with a picture of Matthew. From left: Robert, Paul, Cvetka and Stephen.

THE ANTOLINS WERE DEVASTATED when their seemingly healthy four-year-old, Christopher, died of heart failure after just a few days of flu-like symptoms. Fear encroached on their pain when they learned the child had suffered from a rare inherited disorder, propionic acidemia, which meant their three remaining sons were at risk, too. Paul and Cvetka Antolin's boys, Matthew, 8, Robert, 7, and Stephen, 5, were tested right away. The results came in the day they buried Christopher. "We got a call from the hospital that said we had to be in the next morning," says Cvetka, "because Matthew was living with the critical illness."

THE GOOD NEWS: Matthew was mostly asymptomatic. Medication helped with the propionic acidemia, which prevented his body from properly processing certain parts of proteins and some fats, causing organic acids to build up in the blood, urine and tissues, and damaging organs, including the heart.

But, for the most part, he was able to live a normal, independent life. He became a hard worker who was eager to give back, volunteering his time to charities and school initiatives. It wasn't until he was a 22-year-old undergrad at Dalhousie University in Halifax, miles away from his family in Toronto and halfway to completing his engineering degree, that things started to go wrong. "He thought it was a cold," says Paul. "He kept going to doctors and they said, 'Your chest looks clear.'" More than three months passed before Matthew was diagnosed with heart failure and able to head back to Toronto, where he was placed on the transplant list. After taking a break from school, he regained some heart function, then he returned to university to complete his degree, all the while knowing he would need a heart transplant someday.

Two years later, he ended up at the hospital again, this time with appendicitis. His appendix burst, leading to multiorgan failure. Matthew was given a mechanical heart to keep him alive and put back on the transplant list. After spending two months at Toronto General Hospital in intensive care and two more in the cardiac wing, life seemed to return to normal. Matthew looked and sounded well. He attended his high school reunion and parties in the lead-up to Christmas. He never slowed down to feel sorry for himself, but the wait for a heart was torture for the entire family.

During his time in the hospital, Matthew's room faced a rooftop helipad at The Hospital for Sick Children. "You'd see a helicopter come and you'd think, Is this the helicopter that's carrying organs?" recalls Paul, his voice breaking. "It's a morbid way to live."

A heart never came. On Dec. 16, 2012, Matthew was killed by a brain aneurysm caused by the blood-thinning medica-



tions that treated his heart condition for years. He had been on the transplant list for four months when he died at the age of 27.

Matthew was one of 256 Canadians who died that year while waiting for an organ transplant. While more than 2,000 people received organs, 3,500 more waited for organs that could give them a second chance at life. And those numbers don't represent the many people who pass away without ever making the lists; the limited availability of organs necessitates tight restrictions on who is eligible for a transplant.

Within a week of Matthew's death, several of Robert and Stephen's friends held a wake in their brother's honour. When Robert walked in, he saw a computer that friends had set up near the front door so that guests could sign up to be organ donors. "I was so incredibly touched," says Robert.

Organ registration, and talking to family members about your desire to donate, is crucial to solving the shortage. Ninety percent of Canadians support the concept of organ donation, but fewer than 25 percent have registered to be donors. While some don't know how to register (visit organsandtissues.ca/register to learn how to register in your province), others just haven't got around to it or would simply rather not contemplate their own mortality. □

Night #14 with shingles



It is estimated that **nearly 1 in 3 people will get shingles in their lifetime** and the risk increases with age. Shingles is a painful, blistering rash that can last for several weeks. And in some people, shingles can lead to excruciating nerve pain that can last for months, or even years.

**Don't wait for you or someone you love to develop shingles.
If you're over 50, ask your doctor or pharmacist for the shingles vaccine.**

ZOSTAVAX® II does not protect everyone, so some people who get the vaccine may still get shingles. However, if you develop shingles despite being vaccinated, ZOSTAVAX® II can help reduce the intensity and duration of pain. ZOSTAVAX® II is indicated for the prevention of herpes zoster (shingles) and for immunization of individuals 50 years of age or older. ZOSTAVAX® II cannot be used to treat existing shingles or the pain associated with existing shingles. Side effects such as redness, pain, hard lump, itching, warmth and bruising at the injection site can occur as well as headache and arm or leg pain. Allergic reactions can also occur. ZOSTAVAX® II should not be used if you have a blood disorder or any type of cancer that weakens your immune system, a weakened immune system as a result of a disease, medication, or other treatment, active untreated tuberculosis or if you are pregnant. Ask your healthcare provider if ZOSTAVAX® II is right for you.

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In 2012 in Canada, there were only 15.5 organ donors for every million deceased.

Meanwhile, the U.S. has a rate of 26 donors for every million deceased, and Spain has the highest in the world with almost 36 donors per million.

But when tragedy strikes, registration could make all the difference to the family members who are tasked with making a delicate decision at an extremely difficult time. “Everybody is upset, and suddenly, you’ve got people asking whether they will donate the organs and expecting a rational decision,” says Dr. Eric Yoshida, professor of medicine at the University of British Columbia and senior member of the liver transplant program at Vancouver General Hospital.

Organ donation typically becomes an option when someone suffers a catastrophic attack or trauma, such as a stroke or a car accident, that leaves the person neurologically dead (meaning brain function has entirely and irreversibly ceased, and functions such as breathing no longer occur naturally—which is different from a vegetative state). Some people may also be candidates for organ donation if they’ve experienced cardiac death (when the heart has irreversibly ceased beating). “Before, cardiac-death organs were not used, because it was thought they didn’t get enough blood flow,” says Dr. Yoshida. “But with the resuscitation techniques and preparedness, that’s not necessarily the case now.” Doctors determine whether an organ is healthy enough for donation on a case-by-case basis. In any event, the discussion about organ donation will not arise, says Dr. Yoshida, “until doctors have concluded that there is absolutely no way the patient will survive.”

Typically, a transplant coordinator will consult the registry and tell family members if their loved one is registered to be an organ donor. But, ultimately, the decision to donate is up to the family, who gives final consent. Upon agreement to donate, viable organs are surgically removed by a transplant team, then distributed to matching patients who urgently need them and, in many cases, have been on a transplant list for a long time.

One donor can save up to eight lives with tissue and organ—heart (or heart valves), lungs, kidneys, liver, pancreas, intestines and stomach—donations. A donor can also enhance the lives of up to 75 others with the donation of corneas, bones, tissue and more.

Those who do receive a transplant usually go on to live full and healthy lives. Dr. Aubrey Goldstein, a retired physician from Saint-Vincent Hospital in Ottawa, spent two years on the transplant list. He almost bled to death twice due to complications with primary sclerosing cholangitis, a disease that

Still Hesitant to Donate?

“People who are on the fence about organ donation usually have a question that they’re reluctant to ask,” says James W. Breckenridge, president and CEO of the Canadian Transplant Society. “We want to make sure people feel comfortable being organ donors.” Here are the answers to Canadians’ most common concerns about organ donation.

Will doctors work as hard to save me if I’m a potential donor?

“As a former emergency-room physician, I know that we don’t ever look at a person’s donor card while we’re trying to save a life,” says Dr. Aubrey Goldstein, president of the Canadian Transplant Association. The conversation about whether someone’s organs might be donated is never brought up until it’s clear the person is dead or brain-dead.

Is there an age limit?

No. While those under the age of majority need parental consent to register as organ donors, children and infants can be donors, and adults of all ages can register to be organ donors, says Breckenridge.

Could my disease or health condition preclude me from being a donor someday?

“The best thing to do is just register,” says Dr. Eric Yoshida, professor of medicine at the University of British Columbia and part of the liver-transplant program at Vancouver General Hospital. “Every single organ system is different,” he explains. Although your condition may mean one organ or tissue can’t be used, other organs may still be eligible to help save a life.

What happens to my body? Can I still have an open casket at my funeral?

“The surgeons will close the abdomen and the chest, then morticians will make the body look lifelike,” says Dr. Yoshida. The family can have an open-casket funeral, and no one will know that any organs are missing.

Does my religion allow organ donation?

No major religion is opposed to organ donation, says Dr. Goldstein. “The most important thing you can do is save someone’s life.”



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DRUG MART



affects the liver's bile ducts, but finally received the liver he needed on May 10, 1998, at the age of 44. Since his transplant, Dr. Goldstein, now the president of the Canadian Transplant Association, returned to his job as a chronic-care physician, got married and competed in the Canadian and World Transplant Games (Olympic-style events for transplant recipients that draw awareness to organ donation), winning more than 20 gold medals. His family was so moved by the donation that his wife recently became a living donor, giving one of her kidneys to a friend in need.

Through his transplant centre, Dr. Goldstein took the opportunity to write to his donor's family members (whose identities were kept confidential), telling them about his new life. "I wanted to thank the family for making the decision to donate their loved one's organs at a time of such grief and tell them I've used their gift to the maximum potential," he says.

For the families of donors, knowing that their decision saved lives can help them through a difficult time. Dr. Yoshida helped conduct a study on the psychological effects that deceased organ donation has on families, and the results were very encouraging. "It doesn't traumatize them at all," he says. "It leaves them with a good feeling that, out of this tragedy, many lives were saved."

Unfortunately, many families don't talk about organ donation until faced with tragedy, because they don't want to deal with the "what ifs" surrounding their own deaths. As a result, more families like the Antolins end up having much tougher discussions: What if the heart we need never comes?

Now the family starts that conversation with others. They share Matthew's story through Outlive Yourself, an organiza-

tion they launched to promote the 2012 awareness-raising cross-Canada bike ride by Matthew's friend Cayse Ruiter. On the campaign website, Robert writes, "Matt was my brother, and every day I think about how different my family's lives would be if he were still around."

"There is a tremendous disparity between organ need and organ availability," says Dr. Yoshida, noting that, at the time of the interview, 40 people in British Columbia were waiting for livers, yet one hadn't become available in nearly six weeks. "People are dying on the waiting list."

It's a reality the Antolin family knows too well. "Twenty years ago, we had four kids and lots of big dreams," says Cvetka, with tears in her eyes and her two remaining sons sitting nearby. "And if you walk the halls of the hospital, there are many stories like ours. They wait, and to sit and wait is difficult. It's torture." ●

*Close to
75 percent of
Canadians who
are waiting for
an organ are in
need of a kidney.*



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NOT TONIGHT, I'M TOO TIRED

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run down... especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time" it's time for a change.

Iron-deficiency symptom checklist

Are you iron-deficient?

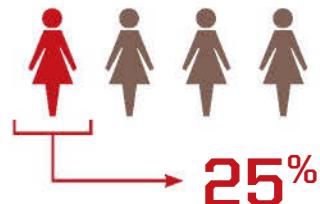
- Do you often feel weak?
- Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your **risk of being iron deficient**.

We all need iron for energy

The chances are you could be missing a vital mineral – iron. In Canada, approximately 20% of women, 50% of pregnant women and 3% of men have iron intakes so low, they're constantly exhausted.

Women are especially prone to iron deficiency due to periods, pregnancy and breastfeeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels.



Iron deficiency affects 20% to 25% of the world population,¹ with iron-deficiency anemia the most common type of anemia.

Reference

¹ McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. *Public Health Nutrition* 2009; 12(4): 444-54.



NPN 0224202

Is iron missing in your diet?

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the nose

It helps you breathe, smell and taste, plus it's connected to some of your vital organs. We sniff out the latest news.

BY KATE DALEY

SUFFERING IN YOUR SINUSES?

Use a daily saline nasal rinse if you have allergies or sinusitis, says Dr. Ian Witterick, otolaryngologist-in-chief at Mount Sinai Hospital in Toronto. It helps flush out thick mucus, reducing inflammation. New guidelines in Canada advocate that doctors wait at least seven days before prescribing antibiotics for acute sinusitis, but in the meantime, sufferers can talk to their doctors about using topical nasal steroids to reduce swelling or whether flushing the sinuses with a neti pot might help.

Most acute sinusitis is caused by the same viruses that cause the common cold.

Acute sinusitis is the second most common infectious disease seen by GPs.

1 litre:

How much mucus your nose and sinuses produce every day. (Most of it goes down the back of your throat and is swallowed.)

Here are four things you didn't know about your nose.

1 It's a bodyguard. "The nose has an important role in trying to protect the lungs," says Dr. Witterick. The nose hairs and mucus in your nasal membrane filter out fine particles such as dust and other allergens before they reach your lungs.

2 It affects taste. Your olfactory nerves are linked to your taste nerves through neural connections in the brain, but exactly how they work together is still a mystery to researchers. Some studies have shown that people who lose their sense of smell have a reduced sense of taste, but that isn't the case for everyone.

3 It's a pathway to your brain. The veins in and around the nose are different than those in the rest of your body, says Dr. Witterick. Normally, veins have valves that open and close to help prevent bacteria or foreign substances from travelling through. But the veins around the nose don't have those filters, which means that if you get a serious infection nearby, it has a direct route to the brain. While rare, this can lead to meningitis or a brain abscess, so be mindful of any severe symptoms when you have a nose or eye infection.

4 It's a diagnostic tool for disease. In the future, science may be able to diagnose Alzheimer's disease and schizophrenia by examining the nerve fibres in your nose. Researchers are looking at the cellular properties of biopsied nasal tissues from patients who may be affected to identify markers specific to these diseases, which can expedite diagnoses and improve access to treatment.



JOANNE THIVIERGE, 24
LOST 116 POUNDS

OCCUPATION: Psychometrist and therapist in Sudbury, Ont.

TIME PERIOD: 2 years

HEIGHT: 5'4"

	PREVIOUS	NEW
WEIGHT	255	139
DRESS SIZE	18 to 20	4



Self-Help Story

A medical emergency prompted one woman to make a major life change. **BY KATE DALEY**

WHERE SHE STARTED

Joanne Thivierge was a self-described food addict. As a child, she was always "the chubby one," and by the time she finished university, she had hit 255 pounds. "I would eat anything," she says. "I was eating two kinds of fast food in one sitting." But being overweight wasn't enough to push Joanne to change; it took a major health scare.

Five days after her 19th birthday, Joanne lost the vision in her left eye. "When I went to the hospital, I found out that I'd had a stroke," she says. Then, as the doctors performed a magnetic resonance imaging test, she had a second stroke. A third occurred while she was still in the hospital. After running more tests, the doctors learned that Joanne's blood pressure was extremely high due to her sodium intake, and plaque had formed in her veins from years of poor food choices, restricting her blood flow. "My doctor told me that if I didn't lose weight, I would die," she says.

HOW SHE DID IT

After spending a month in the hospital, Joanne began her slow recovery. Though she had lost much of her vision from the strokes, her eyesight eventually returned to normal.

JOANNE'S FAVOURITE MOTIVATIONAL QUOTE:

"If you wait for perfect conditions, you'll never get anything done."

When Joanne got the green light to exercise, she began going to a local gym. "At the beginning, it was tough," she admits. "Then, six months later, I thought, Imagine if I kept going? What would my life be like?" She started a modified version of high-intensity interval training, first walking uphill on a treadmill for a minute and a half, then walking without an incline. As her fitness level improved, she began sprinting—even on an incline. The weight came off right away at the beginning; once she began to drop pounds, it became easier to get into a new routine. Eventually, she joined a GoodLife gym. "I went every day at the same time," she says. "I wanted to be around people who would push me, and the gym had a lot of very fit members who were inspiring." There, she met her friend Janelle, who introduced her to weight training.

Joanne completely changed her diet as well: Instead of eating greasy fast food, she turned to tuna, grilled chicken and rice, along with lots of veggies and fruit. Transforming her eating habits was the biggest challenge. "My friends and family had always encouraged me to eat healthily, but I didn't want to," she says. "Once I did, I found that it was rewarding. I wasn't bogged down. I felt energized, like I'd been missing something my whole life."

WHERE SHE IS NOW

When Joanne reached her goal of 145 pounds, she was nervous that she would start to return to her previous size. But even once the number on the scale had stabilized, her body continued to change for the better, her body fat

decreasing. "I've got to the point where it's all about maintenance," she says. "I'm very happy with where I am. I keep shaping my body and getting muscle—those are my goals now."

This year, Joanne is hoping to enter a fitness competition. She's also working on her master's degree in psychology so she can open her own practice. "That's another thing I don't think I'd be able to do if I hadn't lost the weight," she says. "It's given me so much self-esteem and drive."

LESSONS SHE LEARNED

Joanne sticks to a morning exercise schedule and uses an app to remind her to go to the gym. She has a vision board in front of her door that includes before-and-after pictures, along with words to describe her journey. "Think about exactly who you want to be," she says. "Do you want to be able to hike with your kids when you're 35 or 40?"

To keep her diet on track, she prepares meals at the beginning of the week. Once in a while, she indulges. "If I want to have popcorn at the movies every few months, it's not the end of the world," she says. Joanne is aware that she's treating herself so she doesn't form habits that could lead to disordered eating.

Joanne's doctor is pleased with her weight loss and overall improved health. "He told me I'm an inspiration," she says. Today, Joanne's risk of stroke is minimal, her blood pressure is normal and her lipid level is perfect. "I know that I look good now, but I didn't lose weight because I wanted to appear attractive," she says. "I wanted to be healthy." ●

PRO TIPS

It's amazing that Joanne has made such a big life change. However, Joanne will always be at a higher risk for stroke than someone who hasn't had one. She should keep track of any triggers, schedule regular doctor visits and

monitor how her body reacts to any medications she takes in terms of blood pressure and heart rate, especially when exercising.

Managing stress and exercise recovery are also important. Exercise is a stress on the body, and that can be good or bad, depending on how you exercise. If Joanne's body stops

changing, it may be a sign that she needs more time for recovery or needs to change her program. Overexercising, doing exercises that stress her body to a high level or not maintaining proper nutrition could inhibit her progress.

If Joanne is feeling overtired or grumpy after exercising or her resting heart

rate or blood pressure is higher than usual, those could be signs that she's overtraining. Consulting a personal trainer or changing the time and intensity of exercise might help her reach her goals.

— *Marc Ikin, certified athletic therapist and GoodLife Personal Training Institute operations manager*



JOANNE'S FAVOURITE HEALTHFUL RECIPES: Peanut Chicken Pitas canadianliving.com/chickenpitas
Mustard Chicken and Cauliflower Salad canadianliving.com/chickensalad



JOANNE'S TYPICAL DAY

5 A.M. Drink French-pressed green tea to boost metabolism.

6 A.M. Head to gym for daily cardio workout. (Joanne targets different muscle groups every day.)

9 A.M. Drink whey protein shake with fresh fruit on the way to work. After intense workout, also eat 1 cup steel-cut oats with unsweetened almond milk and 1 scoop isolated protein.

10:30 A.M. Snack of sliced apples with natural peanut butter.

NOON Lunch of 1 cup spinach, 2 oz grilled chicken breast, diced apples, $\frac{1}{3}$ cup fresh raspberries and 1 tbsp raspberry or balsamic vinaigrette.

2 P.M. Snack of PhytoBerry or VegeGreens shake with almond milk or water.

4:30 P.M. Go for light jog or do 30 minutes of cardio to clear head.

6 P.M. Supper of chicken and salad or veggies.

8:30 P.M. Snack of $\frac{3}{4}$ cup Greek yogurt with $\frac{1}{3}$ cup crushed walnuts or $\frac{1}{2}$ cup berries, if a sugar or carb craving hits.

10 P.M. Bedtime!



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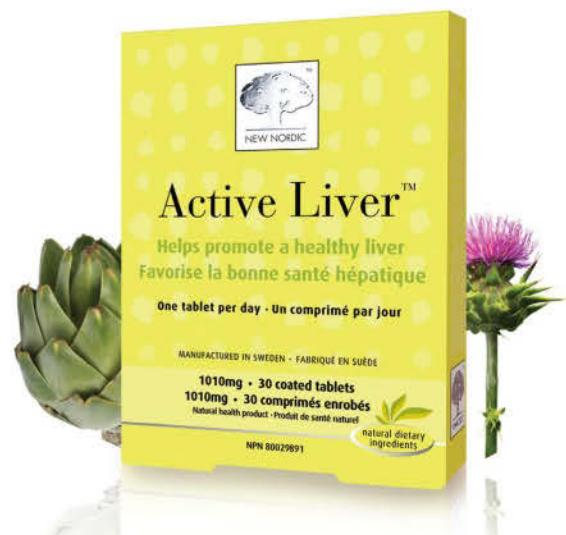
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*"What a gift when
I see the light in
girls' eyes as they
embrace their right
to speak up, under-
standing that their
voices matter and
that they can trust
their own intelli-
gence. We crack the
door open, and they
burst through."*

Vivian

ABBOUD

PUBLIC SERVANT, FOUND-
ING MEMBER, WOMEN'S
ADVOCACY VOICE OF
EDMONTON, BUSINESS
OWNER AND DOCTORAL
CANDIDATE, EDMONTON

*"During my first
year in Canada,
I decided that 'I can
do this.' I realized
as a woman, that I
could be a leader
in a supportive
community, have a
strong voice, benefit
from existing oppor-
tunities and reach
my goals." ▶*

Jessie
JOLLYMORE

REGISTERED DIETITIAN AND EXECUTIVE DIRECTOR
OF HOPE BLOOMS INC., HALIFAX

*"When people are their own agents of change
in their communities, and when they do this
in cooperation and collaboration, something
really special happens: growth! And when
you have youth interested in leading the way,
something bigger happens: hope."*

"I hope that my work inspires youth to follow their hearts! To take pride in themselves and their communities, to pursue careers in music and dance, and to show their vibrant culture to the rest of the world."



Gina

BURGESS

CLASSICALLY TRAINED VIOLINIST,
ARTIST AND TEACHER, HALIFAX

Gina teaches at the Maritime Conservatory of Performing Arts and makes regular trips to communities in Nunavut, teaching guitar, violin, throat singing and dancing.



Sondria

BROWNE

BREAST CANCER SURVIVOR, ST. JOHN'S, N.L.

Partnering with photographer Malin Enström, the *One Out of Nine* art exhibit features women baring their chests and showing their scars from various cancer treatments to depict their personal journeys.

"With breast cancer, as with many other cancers, the scars run deep and far beyond what the written word could express."

Margaret-Ann ARMOUR

ASSOCIATE DEAN OF
DIVERSITY, FACULTY OF
SCIENCE, UNIVERSITY OF
ALBERTA, EDMONTON

Margaret-Ann is cofounder of Women in Scholarship, Engineering, Science and Technology (WISEST).

"It was important to me that young women have the opportunity to learn about science and engineering so that they could make more informed career choices. These fields need women to bring different questions to these disciplines."



Savannah "Savvy" SIMON

ACTIVIST, #SPEAKMIKMAQ
ORIGINATOR, SPEAKER AND
EDUCATOR, HALIFAX

"My goal is for other tribes to be inspired to use a hashtag like #speakmikmaq. I want to see #speakcree and #speaknavajo. Whatever your language is, speak it and share it, even if it's only one word. Use it from the spirit inside of you and use it with passion."

Habiba COOPER DIALLO

FOUNDER OF WOMEN'S HEALTH ORGANIZATION
INTERNATIONAL (WHOI), HALIFAX

Habiba started WHOI after reading about Anafghat Ayouba, a young girl suffering from obstetric fistula, a devastating childbirth-derived affliction. Habiba continues to engage in a dialogue on women's health issues.

"I am driven by Anafghat. I feel a commitment to her, to telling her story and to garnering support for fistula and other socio-medical issues that compromise the self-actualization of girls and women."

TA LOEFFLER

PROFESSOR OF OUTDOOR RECREATION AT MEMORIAL
UNIVERSITY OF NEWFOUNDLAND, ST. JOHN'S, N.L.

TA has completed all but one of the "seven summits"—the highest peak on each continent—with only Mount Everest left after two attempts. Her outdoor adventures inspire youth to be more active and to chase their dreams.

"I climb mountains because I believe it helps others to climb their own mountains, whatever they may be."



Christine DÉCARIE

SENIOR VICE-PRESIDENT, PORTFOLIO MANAGER
AND HEAD OF GLOBAL RESEARCH AT
INVESTORS GROUP, MONTREAL

A trailblazer in a traditionally male-dominated field, Christine advises women seeking careers in finance.

"When I started out, I was one of the only women in my field. We've come a long way but are still outnumbered. It is so important to work together."



Harriet GEDDES

CULTURE COUNSELLOR
AT DEHCHO HEALTH AND
SOCIAL SERVICES,
FORT PROVIDENCE, N.W.T.

"We need our culture and we cannot lose it. I use my culture camp for healing and teaching."



Shana CALIXTE

EXECUTIVE DIRECTOR,
NISA/NORTHERN INITIATIVE
FOR SOCIAL ACTION,
SUDBURY, ONT.

Shana's mission at NISA is to help members engage in an active social recovery rather than passive dependence on social services.

"If we all were a bit more open about mental illness, can you imagine the conversations we would be having? Can you imagine the dialogue around care? For me, there is no looking back. I've built my career on being open about my mental illness, and I only see myself using this lens to understand how we all fit in society as we move forward."

Sarah DOHERTY

INVENTOR OF SIDESTIX,
ROBERTS CREEK, B.C.

At age 13, Sarah lost her leg. She and her husband, Kerith Perreur-Lloyd, designed a forearm crutch with a variety of all-terrain tips.

"When I feel stuck and overwhelmed—I stop, take a deep breath and focus on the next step. We can overcome any challenge by being in the moment. When the crisis has passed, we can step back, look at the big picture and appreciate just how far we've come."

Nancy MCKINSTRY

ADVISORY BOARD MEMBER AND PAST CHAIR OF THE MINERVA
FOUNDATION FOR BC WOMEN, VANCOUVER

Nancy is a founding member of the foundation, which delivers programs that develop women's leadership capacity, provides education awards and helps women find meaningful work.

"Pay it forward. If you've had success, do the outreach to other women. Your life will be enriched."



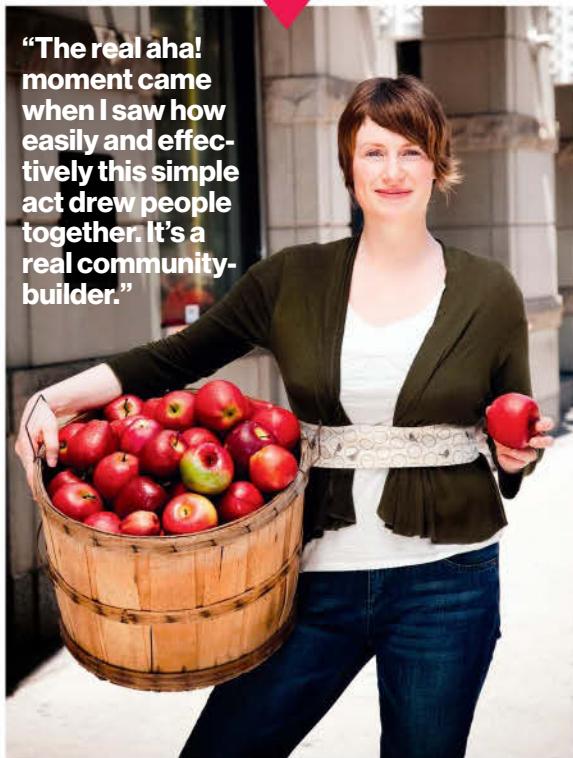
Kate LETH
COMIC WRITER AND ARTIST, HALIFAX

“I hope to encourage people to seek out media featuring or by women, to support not just women but also LGBTQ persons, people of colour and others who typically receive less publicity than others. There’s so much amazing work out there! You just have to look for it.”

Laura REINSBOROUGH
FOUNDER AND DIRECTOR OF NOT FAR FROM THE TREE, TORONTO

Laura encourages Torontonians to share the bounty from residential fruit trees with local food banks, shelters and community kitchens.

“The real aha! moment came when I saw how easily and effectively this simple act drew people together. It’s a real community-builder.”



Vicki OLATUNDUN

EXECUTIVE DIRECTOR OF STEINBACH FAMILY RESOURCE CENTRE, STEINBACH, MAN.

“I belong to that group that lives to change the world. Sacrifice, courage and risk are just some of the requirements. I get excited when I think that what I do today can positively and permanently impact the future of another person.”

THE MISS G PROJECT

Sarah Ghabrial
(writing on behalf of Sheetal Rawal, Dilani Mohan, Lara Shkordoff and Laurel Mitchell)

COFOUNDERS OF THE MISS G PROJECT FOR EQUITY IN EDUCATION, WORKING TO COMBAT ALL FORMS OF OPPRESSION IN AND THROUGH EDUCATION

“There’s still lots that people can do to show support for gender studies in high school and, really, at all levels of education. Race, class and sexuality factor into all students’ experiences.”

Roberta OLSON
OWNER AND CHEF AT KEENAWII’S KITCHEN, SKIDEGATE, B.C.

Roberta was involved in the road blockades to stop logging on Lyell Island and has been serving traditional Haida meals in her dining room for almost 20 years.

“I did a lot of cooking at the blockade and realized that I could make people happy with food, that this soul food builds up people’s spirits.”

Heather MOYSE

MOTIVATIONAL SPEAKER AND TWO-TIME OLYMPIC GOLD MEDALLIST, SUMMERSIDE, P.E.I.

“I am fuelled by the idea of discovering how far I can push myself. I also have a passion for helping people see their situations from a different perspective, and inspiring and motivating them to push their boundaries. We are all way more capable than we give ourselves credit for.”



Julia and Emma MOGUS

COFOUNDERS OF BOOKS WITH NO BOUNDS, OAKVILLE, ONT.

The sisters have sent more than 24,000 books to aboriginal and remote communities where it’s hard for youth to access reading materials.

“It’s not just about sending the books,” says Emma. “It’s raising awareness about the inequality and injustices that these kids face.”

Bonnie BRAYTON

NATIONAL EXECUTIVE
DIRECTOR OF DISABLED
WOMEN'S NETWORK (DAWN-
RAFH) CANADA, MONTREAL

“Knowledge is powerful. It is the collective strength and the respect we have that makes me believe we can be change-makers.”



Wendy CRAIG

SCIENTIFIC CODIRECTOR,
ALONG WITH DEBRA PEPLER,
OF THE PROMOTING
RELATIONSHIPS AND
ELIMINATING VIOLENCE
NETWORK (PREVNET),
KINGSTON, ONT.

“By providing parents and educators with evidence-based resources, strategies, tools and programs, we can reduce bullying through the promotion of healthy relationships and change children's lives.”

Phyllis HALLATT

PRESIDENT OF CHILD FIND
SASKATCHEWAN INC.,
SASKATOON

“What keeps me going? The thought of a child not being in a safe place and needing help.”



Shauntay GRANT

WRITER, STORYTELLER,
ARTS EDUCATOR,
MAYOR'S POET LAUREATE
(2009-10), HALIFAX

Shauntay is one of Canada's best-known spoken-word artists who mentors youth to embrace their creativity.

Damaris VEZENTAN

FOUNDER OF LOVE GIVES
3:16, OPERATION CHRISTMAS
CHILD VOLUNTEER (AND
RECIPIENT), SPEAKER AND
ADVOCATE, KITCHENER, ONT.

“All I needed was one thoughtful gift-filled shoebox to realize that I was loved, that my life mattered to someone whose heart was big enough to pack it for me. That person changed the course of my life. When we give to people in need, we help write their stories.”



Lucie CERNY

FOUNDER OF THE RESCUE AND SANCTUARY FOR
THREATENED ANIMALS (RASTA), DE WINTON, ALTA.

“It started with one homeless dog that had nowhere to go and evolved from there. It wasn't so much a choice as it was a deep sense of duty to animals that I've felt my whole life.”

Angela CAMPAGNONI

DIRECTOR OF ATLANTIC FASHION WEEK, DARTMOUTH, N.S.

A former model and designer, Angela launched Atlantic Fashion Week to promote the region's fashion industry.

“We have an incredibly diverse and thriving fashion community in Atlantic Canada. It quickly became apparent to me that it was time to share our talents with the world.”

Hannah TAYLOR

FOUNDER OF THE LADYBUG
FOUNDATION INC., WINNIPEG

Hannah's organization has directly and indirectly raised more than \$4 million benefitting homeless charities and food banks across Canada.

“Remind people that they matter. Give hope through stopping to say 'hi' to someone asking for help on the street. Acts of kindness of any size are profoundly important.”

Ulrike

BAHR-GEDALIA

PRESIDENT AND CEO OF DIGITAL NOVA SCOTIA, HALIFAX

“I’m a firm believer in the power of diversity and inclusion and in engaging as many perspectives as possible. I look to diversity as a vehicle of growth and innovation.”

Talisha RAMSAROOP

STUDENT, VOLUNTEER AND
COMMUNITY LEADER, TORONTO

Talisha is active in York University’s New Opportunities for Innovative Social Engagement, a mentoring project that encourages urban youth to pursue postsecondary education.

“No youth should feel they aren’t ‘good enough’ simply because of their skin tone, hair type or postal code.”



Rina ARSENEAULT

ASSOCIATE DIRECTOR OF THE MURIEL MCQUEEN FERGUSON
CENTRE FOR FAMILY VIOLENCE RESEARCH, FREDERICTON

“Seeing the pain that families—especially women and girls—in New Brunswick, Canada and around the world endure because of family violence keeps me going. Caring and kind people in need of knowledge and guidance on family violence keep me going. My belief that changes are not only possible but also can be a reality, that keeps me going.”

“I’m driven by a sense that these good folks are entitled to something better, something more just, and I recognize I can support the process of social change.”

Miia SUOKONAUTIO

EXECUTIVE DIRECTOR AT YWCA HALIFAX, HALIFAX



GO ONLINE: Do you know an everyday hero in your community who is changing Canada for the better? Send your nomination to CL40th@tc.tc. Your nominee could be featured in our November issue.

Camille

LEBLANC-BAZINET

FITTEST WOMAN ON EARTH, 2014 REEBOK
CROSSFIT GAMES, RICHELIEU, QUE.

“I hope to inspire women not to chase esthetics but to chase performance and health, because form will follow function. Being truly fit for life, not just skinny, you will be your best and happiest self.”

Sharon GALLANT

FOUNDER AND
EXECUTIVE DIRECTOR
OF FIT ACTIVE
BEAUTIFUL (FAB)
FOUNDATION, HAMILTON

Sharon helps girls in the city’s lowest-income areas increase their confidence through running.

“As someone who broke the poverty cycle, I knew that if I wasn’t part of the solution, I was part of the problem. In that moment, not doing anything was no longer an option.”

Jesse UNAAPIK MIKE

CAMP COORDINATOR AT
NUNAVUT STARS HOCKEY
CAMP, IQALUIT, NUNAVUT

Jesse runs a weeklong hockey camp for 120 players, at no cost to them, from 25 communities across the territory.

“There’s a lot of growing and learning that goes on at hockey camp. We wanted to give kids the chance to grow their confidence and become leaders.”

Gloria CUCCIONE

EXECUTIVE DIRECTOR OF
THE MICHAEL
CUCCIONE FOUNDATION
(FOUNDED BY HER LATE
SON) FOR PEDIATRIC
ONCOLOGY RESEARCH,
COQUITLAM, B.C.

“When I experience challenges, I stay focused on the cause.”



Maryanne PEARCE

PUBLIC SERVANT AND
RESEARCHER, OTTAWA

Maryanne’s doctoral dissertation, “An Awkward Silence: Missing and Murdered Vulnerable Women and the Canadian Justice System,” includes the database of missing and murdered women and girls in Canada.

“I am not a lawyer, police officer or social worker. What can I do? Well, I can research and write. I know what policy-makers need in the way of evidence-based research.”



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The author's husband, Ian Marquette, and their children, Carmelo and Perdida, who will likely be the next generation of volunteer firefighters.

A photograph showing a firefighter with a beard and a young child sitting in the driver's seat of a red fire truck. The firefighter is wearing a light blue uniform with a badge on the sleeve. The child is wearing a green and white striped shirt. The fire truck has "STEWIACKE" and "FIRE BRIGADE" written on the side.

SAVING LIVES *in Their Spare Time*

When a call comes in, Upper Stewiacke's volunteer firefighters are ready to risk everything for their neighbours.

BY LOLA AUGUSTINE BROWN
PHOTOGRAPHY BY STACEY VAN BERKEL

WHEN MY HUSBAND'S PAGER GOES OFF

HEN MY HUSBAND'S PAGER GOES OFF in the middle of the night, the house is thrust into panic mode. I wake, the dogs bark and my husband jumps up, grabs his car keys and is gone. As I nervously wait to hear what's going on, he drives to the fire hall, dons his gear and, with a crew of friends and neighbours, hurtles down the country roads in a fire truck to wherever the fire, accident or medical emergency is. When you live in the sticks like we do, the volunteer fire department is first to show up.

In 2014, the volunteer fire department in Upper Stewiacke, a village of 1,400 in rural Nova Scotia, responded to 47 calls, including some in neighbouring communities. Its firefighters have attended to chimney, grass and structure fires; been first on scene for a possible heart attack; and, when cars have flipped into ditches, cut motorists and passengers from the wreckage. When that pager goes off, day or night, on major holidays or during family celebrations, these citizens, many with day jobs and children, drop what they're doing and go. And anyone related to a firefighter worries that someone we know is hurt or that the ones we love will be hurt trying to help others.

Being a volunteer firefighter is a commitment. In addition to front-line volunteers, there are members who help with fundraising and traffic control and act as truck operators. "When people come to me and say they want to become a 'firefighter,' I tell them there's extensive training," says fire Chief Randy O'Connell. Volunteers join with a three-month probation period. If they want to take the Level 1 firefighter course offered by the county, the department pays the expenses. While the training is the same as for their big-city counterparts, volunteer firefighters don't get paid for their ☈



*Some members of the Upper Stewiacke Volunteer Fire Department:
Top row, from left: Alan Hamilton, Jake Keddy and Chris MacKenzie. Bottom row,
from left: Ashley Keddy, Ron Ellis (who just celebrated 65 years with the department), Justin Hamilton,
Ian Marquette, Phyllis Wright-Roberts, Randy O'Connell, Arlen Kennedy, Lawrence Dunlap and JT Kennedy.*



Randy O'Connell has been with the department for 25 years. His daughter is also a member. Upper Stewiacke's Volunteer Fire Department was founded in 1946.



efforts—they qualify for a yearly \$500 tax credit and a free set of licence plates.

Becoming part of the community was the main reason my husband, Ian Marquette, joined the brigade. We moved to Upper Stewiacke wanting to connect with our new neighbours and feel like we were contributing, too. The fire department helped ease our integration into the village community. "When I joined, I had no idea how much fun it would

be or that I'd meet such a good bunch of people," says Ian. "Becoming a volunteer firefighter gave our whole family a social life, which has helped make us truly feel at home here."

Randy was 22 when he joined the department in 1990, and he became fire chief nine years ago. Randy has put in

40-hour weeks at the fire hall, all while running a beef farm and bringing up three daughters, too. It's hard work, but he has never regretted taking on the role, even after the most difficult calls, especially those that involve children.

"As a department, there are calls that cover many different levels of emergency; some are small and some are tragic. We sometimes need counselling and debriefing to get through," he says. But that is the job. "When the pager goes off, we have to move quickly and plan what course of action needs to be taken in order to do what we are there to do."

Sometimes those calls are responding to their own members' emergencies. Robin Cleveland, a longtime member and local dairy farmer, says those are often the most difficult, "because they're one of your own. You have to put emotions aside and tend to the issue."

But even the worst situation can bring out the best response, says Robin. He recalls fighting a barn blaze at one of the firefighter's farms that destroyed a winter's worth of hay as well as the structure. The community responded by donating hay and helping rebuild the barn.

In addition to the department's 45 members, there are seven junior firefighters who train but don't attend calls. Rebecca Drenth joined the juniors five years ago at age 14 after her family moved to the area. She says it

Becoming a volunteer firefighter gave our whole family a social life, which has helped make us truly feel at home here."

helped with her transition to her new village. "When I graduate university, I'll be coming back to join the regular fire department because I love doing this," says Rebecca. "I love being a part of this strong community."

Carrie Creelman, a registered nurse and one of the department's medical first

responders, says she can't remember a time when her family wasn't part of the brigade. Her dad, Stephen Keddy, started the junior brigade, and her twin sister and two brothers are also volunteer firefighters. "When Dad was looking after us and there was a call, he'd drive to wherever it was, and we four kids would sit in the car waiting, with one of the firefighters coming over to check on us every so often," she says.

For most families, being part of the brigade is a family affair. Phyllis Wright-Roberts, a home support provider, mom and grandmother, joined the department to support the community and her husband and son, both firefighters. "I was spending a lot of my time there anyway," says Phyllis, who uses a week of her vacation time to organize the annual antique tractor pull, one of the department's biggest fundraisers.

In Upper Stewiacke, the fire hall is where everything happens, from the annual pancake breakfast and maple syrup festival to the firefighters award night. The firemen's parade, held each August, is the highlight of our social calendar. After the parade, there's a barbecue and games for the kids in the field next to the fire hall. At night, adults of all ages attend the dance that features a band and a DJ who play everything from The Rankin Family to AC/DC. As the only licensed bar in a 40-kilometre radius, the fire hall is where all our local events—village suppers and weddings, for example—take place. The hall is where Carrie held her bridal shower and wedding in 2013, when she married another volunteer firefighter, Roddy. ("He joined the department because of me," she says.)

The fire hall is the heart of our community, and our firefighters make sure that Upper Stewiacke is a safer place to call home. Without them, there are people who would have lost their lives, homes or businesses. Like the 90 percent of communities across Canada that are protected by volunteer fire departments, we are fortunate to have so many dedicated locals who are willing to risk everything for friends and neighbours.

Randy puts it quite simply: "Giving back to the community that helped raise us, helping neighbours, friends and family in times of crisis, is what we're there for." ●

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An inspired retirement

Canadians want a retirement that's personalized for them. The majority of boomers see retirement as the beginning of a new chapter in their life, not just the end of one. In this three-part series personal finance expert Deirdre McMurdy has advice on how to create a plan that's right for you.



DEIRDRE'S
TIP

Talk to someone. Speak with your family and friends about their retirement plans. Don't be afraid to ask questions. Here are some suggestions: How did they initially figure out how much to save? When did they start saving and what tools did they use? Where did they get their information or advice? Were there lessons they learned along the way? These questions will help you to frame your own retirement goals. Then when you're ready, speak with a professional advisor.



DEIRDRE'S
TIP

Figure out how much you need. Every journey starts with a destination. If you have a clear sense of where you want to go, it will help to frame the decisions and choices you make along the way. Your destination will depend on the lifestyle you want—and no, you don't need that giant sum of money to retire! Developing a personalized map of your financial future is an important first step—and never be afraid to ask for directions!



DEIRDRE'S
TIP

What does your retirement look like?

Retirement isn't all about aspirational travel or endless golf games. Most retirees just want enough income and free time to do the things that matter most—like pursuing hobbies or spending time with the grandkids. When creating your retirement plan, look at your current interests and activities. How you spend your time in retirement should be an extension of how you've always lived your life. We all have a list of all the things we want to do and how we'd spend that perfect day. Chances are that perfect day will reflect the interests, activities and priorities you've always valued.

68%
OF BOOMERS SEE MANY STAGES TO RETIREMENT AS OPPOSED TO JUST ONE

(Scotiabank Customer Knowledge & Insights, January 2014 Investment Poll)

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Parents *do*
have influence

Let's start
the conversation

Nadia, Labatt employee

Know what to say, and when,
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In the wide-eyed years of childhood, our kids look to us to be their teacher. When they grow into teenagers trading limits for freedoms, they need us to be their guide through the big transitions. Then they mature into young adults, eager to find their own way, but we can still be the coach in their corner. Learn practical strategies for parenting at any stage at LabattFamilyTalk.ca. Check out videos and tips from the experts, and download our free Parenting Guide.

Labatt
family talk
about drinking.

Home, Smart Home

Wireless “smart” home products are here to make your life simpler. We’ve found four devices that can help you monitor everything from your garage door to your dinner with just a few taps of your smartphone. **BY ROBIN STEVENSON**

①



②



Add flexibility
to meal prep!

④



③



1 LIGHTING SYSTEM

Turn on lights while you’re away from home and dim or turn them off from the comfort of your bed with this automated home-lighting kit. Setup is a breeze: Screw in the 60-watt-equivalent LED bulbs, plug the wireless gateway bridge into your Wi-Fi router and download the app (iOS and Android). *Connected by TCP LED Lighting Control System, \$80, available at Home Depot.*



2 SLOW COOKER

A set-it-and-forget-it slow cooker is a handy appliance when life goes as planned. For less predictable days, this Crock-Pot allows you to remotely slow down or speed up cooking. Simply prep your meal, download the WeMo app (iOS and Android) and use your smartphone to adjust the cook time and temperature settings (high, warm, low) to suit your changing needs. *Crock-Pot Smart Slow Cooker With WeMo, \$160, available at Best Buy and Future Shop.*



3 SECURITY CAMERA

The ability to view a live home-security feed via your computer, tablet or smartphone is handy if you want to see the kids get home from school or check in on pets. Plug in the camera and launch the app (iOS and Android) to connect to your Wi-Fi network. Camera features include an 8x optical zoom, night-vision technology and a built-in mike and speaker to remotely communicate with those at home. Choose to receive emails or push notifications when motion and sound are detected. Optional cloud recording subscriptions are also available. *Dropcam Pro, \$219, available at major tech retailers.*



4 GARAGE DOOR OPENER

Never wonder if you’ve closed the garage door again thanks to this device that works with most door openers made after 1993. The device installs without wiring and works with your existing Wi-Fi, while the app (iOS and Android) allows you to operate your garage door from anywhere and sends alerts when your garage has been opened. *Chamberlain MyQ Garage Smartphone Garage Door Controller, \$130, available at Best Buy and Future Shop.*

Smart Setup Tips

BY MARC SALTZMAN

UPGRADE YOUR ROUTER.

Be sure your wireless network—the backbone of all your “smart” devices—has one of the fastest offered by your Internet provider (budget permitting), and look for an unlimited data plan, too. A faster router (802.11ac instead of 802.11n) can also support more devices.

FIND THE RIGHT SPOT.

For a stronger connection, place your wireless router on the main floor of your home, not in the basement. Reception in larger homes can be improved with an inexpensive wireless repeater or range extender.

PROTECT WITH A PASSWORD.

Secure your wireless network with a strong password that’s at least seven characters long and consists of letters, numbers and symbols. As an extra layer of defence, use a password that’s different from those used for other online accounts.



Make a treat. Make a difference.

Show your little ones what it means to give this holiday season. Share a photo of your Rice Krispies* creation using **#treatsfortoys** and we'll donate toys to children in need. Find inspiration at ricekrispies.ca





TOP 10 NEEDED DONATIONS

1. Peanut butter
2. Canned fruits and vegetables
3. Dried pasta
4. Tomato sauce
5. Lentils and beans
6. Powdered, canned or Tetra Pak milk
7. Baby formula and baby food
8. Canned fish and meat
9. Canned soup and hearty stew
10. Macaroni and cheese

MONEY GOES A LONG WAY

Cash donations enable food banks to purchase perishable items such as milk, eggs and meat and to augment food donations. "Financial donations make sure that hampers have all the components of a good meal," says Gail Nyberg of the Daily Bread Food Bank.

WHY DONATING MATTERS

Of those helped in 2014, 37 percent were children and youth, five percent of adults were over the age of 65 and 48 percent of households also received social assistance.

FEED THE NEED

Every little bit helps, even canned soups and macaroni and cheese, which are particularly useful for those who live in rooming houses and don't have cooking facilities, says Gail Nyberg, executive director of Toronto's Daily Bread Food Bank. "If you're a single male, a box of macaroni and cheese or a can of stew is nutritious and filling. It's hard to make a homemade version on a hotplate."

If donating items from your pantry, you can contribute foods close to their best-before dates (the cutoff for guaranteed freshness and flavour), but items past their expiry dates won't be accepted. It's also important to ensure that any packaging seals are intact.

GIVING YOUR TIME

A few hours can make a difference. Here are three easy ways to help out.

- Host a food drive with a community group or coworkers.
- Take part in a public food sort. Many organizations hold holiday food drives to stock their shelves for the winter months. Volunteers help sort donations and repackaging bulk-food items. Children as young as eight may also be able to take part; check with your local organization for age restrictions.
- Plant an extra row of vegetables in your garden this spring and donate the harvest to your local food bank. ●

 FIND A FOOD BANK
NEAR YOU AT
foodbankscanada.ca.

Give Wisely

Nearly 850,000 Canadians rely on food banks every month, according to HungerCount 2014, Food Banks Canada's report on hunger and food-bank use. Here's how you can help. **BY ROBIN STEVENSON**

BEST BEACH *vacations*

A beach holiday is about more than just splashing in the ocean waves. Dry off, slip on your sandals and explore what's on shore. **BY DOUG O'NEILL & ROBIN STEVENSON**



CAYMAN ISLANDS



BEST BEACH VACATION FOR FOODIES

Cayman Islands

Food lovers can choose from more than 200 restaurants in the Cayman Islands, lauded as the “culinary capital of the Caribbean.” You’ll likely run in to celebrity chefs like Anthony Bourdain at the tonier establishments, especially during the annual Cayman Cookout, but you’ll also rub shoulders with fellow Canadians when you chow down on a 10-ounce Angus burger at Coconut Joe’s.

- **THE BEACHES** Clear water and coral sand are the main ingredients of the dozen or so beaches on the Cayman Islands. Seven Mile Beach on Grand Cayman is the largest and, in our book, the most family-friendly for its swimming, shallow-water snorkeling and parasailing, but also check out Little Cayman’s smaller beaches, such as Head O’ Bay.

- **ACTIVITIES** Fine dining and great shopping can easily fill your day. Camana Bay Town Centre is chockablock with award-winning restaurants and trendy boutiques.

- **FOR KIDS** Spend the afternoon in the turtle hatchery at the Cayman Turtle Farm, where kids will be mesmerized by the spectacle of some of the world’s largest turtles, including the mighty loggerhead, which can live up to 80 years.

- **FOR GROWN-UPS** For fine dining, consider island favourites such as Osetra Bay, Michael’s Genuine Food & Drink, Abacus,

Blue by Eric Ripert, The Brasserie and Luca. For casual fare, there’s Tiki Beach, Kaibo Bar & Grill, Deckers and Sunshine Grill. If you like to head off the beaten path, stop by Cracked Conch in West Bay or Calypso Grill in Morgan’s Harbour, which are off the popular Seven Mile Beach area.

- **DON’T MISS** Snorkeling among the Grand Cayman’s North Sound stingrays in Stingray City certainly delivers the awesomeness factor. And for auto enthusiasts, the Cayman Motor Museum (caymanmotormuseum.com) is a must-visit. Who wouldn’t want to check out the Batmobile from the TV series?

- **KEEP IN MIND** The port areas in George Town can get a little hectic when the morning cruise ships drop anchor. *For more, visit caymanislands.ky.*



BEST RESORT VACATION

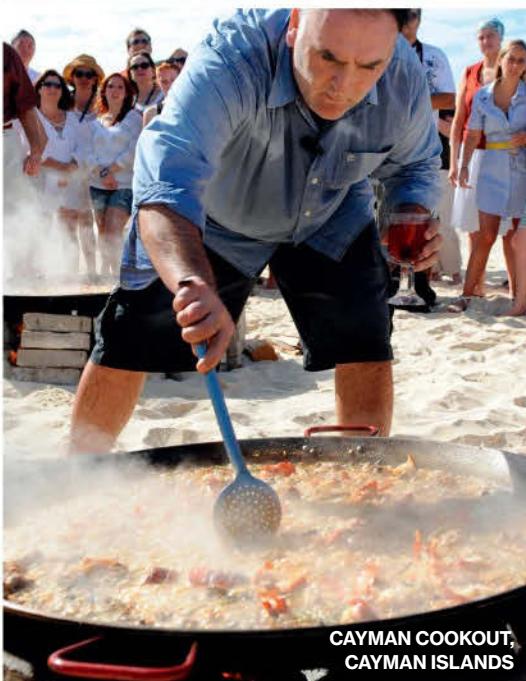
Atlantis Reef

The Atlantis Paradise Island Resort in the Bahamas scores top marks as a beach destination that offers something for everyone: kids, teenagers, adult siblings and friends, grandparents, sporty types and beach bums. There’s never a dull moment—unless piña colada-induced inertia is what you’re aiming for.

- **THE BEACHES** Close your eyes and imagine your dreamiest Bahamian beach. You’ll find three at Atlantis Resort: Cove, Paradise and Atlantis are pristine white sandy beaches with



OSETRA BAY,
GRAND CAYMAN



CAYMAN COOKOUT,
CAYMAN ISLANDS



ATLANTIS PARADISE
ISLAND RESORT, BAHAMAS

Shark Week

The five-storey Serpent Slide (right) is reason enough to book a family holiday at the sprawling Atlantis Paradise Island Resort in the Bahamas. Yes, those are real sharks swimming on the other side of the clear tunnel! Adrenaline rush not your thing? Stroll along the deck at ground level to view the sharks from above or take in the resort's amazing collection of aquariums and marine habitats, featuring 250 species of creatures.



turquoise water clear enough for snorkeling. Paradise Beach, near the Reef, Atlantis's on-site condominium hotel, is popular with morning joggers and sunset strollers.

• **ACTIVITIES** In addition to beautiful beaches, there are 11 pools to cavort in. Dolphin Cay, a nearly six-hectare marine habitat, offers interactive time with dolphins, opportunities to get close to stingrays and views of sharks. Take advantage of a 57-hectare Aquaventure water park, adrenaline-inducing water-slides (one is shaped like a Mayan temple), a library, cinemas, pottery-making workshops, snorkeling programs (a great way to see "the ruins of Atlantis") and a golf course. Try rock climbing, go shopping, take in live music at the Atlantis Theater or top entertainment at the Jokers Wild Comedy Club, or dance the night away at the disco.

• **FOR KIDS** Children aged three to five can spend a morning being transformed into a detective, a pirate or a wizard. Youngsters aged six to 12 can join a three-ring circus. For teens, there's Club Rush, a no-parents-allowed party lounge (supervised by staff) where teenagers can play Nintendo Wii and Xbox Kinect or hit the dance floor.

• **FOR GROWN-UPS** After a day of activities, it's time to indulge. The Mandara Spa is a lovely place to have a massage or a facial. After your treatment, you'll need to eat. Fine dining options include Bobby Flay's Mesa Grill, the acclaimed Japanese restaurant Nobu and chef Todd English's Olives.

• **DON'T MISS** Plant yourself in a large inner tube and try one of two excellent river rides: the meandering Lazy River or The Current, an occasionally bumpy rapids course.

• **KEEP IN MIND** Avoid the Jet Ski vendors who troll parts of Paradise Beach. They aren't part of the resort's official activities. For more, visit atlantisbahamas.com.



BEST QUIRKY BEACH VACATION Florida Keys

Key West, located at the southern end of the archipelago, has long attracted eccentrics, alternative types and hippies, making it ideal for laid-back visitors who enjoy the quirky side of life. (The Florida Keys inspired Jimmy Buffet's enduring lyrics "Wasting away again in Margaritaville.") Pull up a chair at Blue Heaven, the restaurant frequented by Ernest Hemingway, and listen to tales of cockfighting and gambling from long before it became the best breakfast spot in the Keys.

• **THE BEACHES** Beyond the ocean kayaking and sunset catamaran cruises on offer, Key West boasts traditional sandy beaches at Fort Zachary Taylor and Fort Jefferson (the latter requires a ferry ride). The popular Bahia Honda Park is a 202-hectare island with a four-kilometre white sandy beach. Key West's proximity to the only living coral reef in the U.S. means that there's always awesome snorkeling. ☀



FORT JEFFERSON,
DRY TORTUGAS NATIONAL
PARK, FLORIDA



Whale Music

It's impossible to get bored in Key West, the land of the quirky and offbeat. At the annual Lower Keys Underwater Music Festival (left), visitors enjoy a little jazz or pop while they snorkel. The playlist is likely to include humpback whale recordings set to songs such as the Beatles' "Yellow Submarine." For literature lovers, the Ernest Hemingway Home and Museum is a must-visit, complete with dozens of genetically quirky six-toed felines—thought to be descendants of the American author's pet cat.



CORONADO ISLAND,
CALIFORNIA

• **ACTIVITIES** A must-visit landmark in Key West is the Ernest Hemingway Home and Museum (hemingwayhome.com), where visitors get the lowdown on the high-flying writer's turbulent relations with wives, lovers and neighbours. Or come for the cats: Hemingway's estate is home to about 50 polydactyl cats that roam freely about the house and garden.

• **FOR KIDS** Voted best hotel kids' program by *Travel + Leisure*, Camp Hawk at Hawks Cay Resort (hawkscay.com) in Marathon allows kids aged five to 17 to sign up for tie-dye workshops, snorkeling, tiki-boat sailing, kiteboarding and other activities.

• **FOR GROWN-UPS** Head for eateries favoured by locals. The No Name Pub in Big Pine Key, for example, is where regulars—oblivious to the thousands of dollar bills pinned to the ceiling and walls—chow down on the best pizza in the Sunshine State. Leave time to take in historic sites, such as the Harry S. Truman Little White House in Key West.

• **DON'T MISS** Get behind the wheel of the famous boat from *The African Queen*, which is moored in Key Largo. The refurbished vessel (africanqueenflkeys.com) from John Huston's 1951 classic film navigates the waters and canals daily.

• **KEEP IN MIND** Afternoon thunderstorms are common in summer. If you're heading to the Keys in July and August, plan for indoor activities after lunch. *For more, visit fla-keys.com.*



BEST BEACH FOR PEOPLE-WATCHING Coronado Island

Soak in the SoCal lifestyle of San Diego in this seaside spot, where the vibe is laid-back and the weather is always fine.

• **THE BEACHES** Coronado is a peninsula masquerading as an island, which means that it offers a plethora of beach options. Silver Strand State Beach, popular with locals, has lifeguards, restrooms, showers and a snack bar. Meanwhile, Central Beach's silvery-white sand is perfect for playing in the surf and partaking in a game of volleyball. Hit Shores Beach at low tide to spot the hull of a sunken gambling ship, the *Monte Carlo*.

• **ACTIVITIES** The best way to tour this charming seaside spot is by renting a bike and exploring the 24 kilometres of dedicated bicycle paths. If shopping and dining are more your speed, head to the heart of Coronado, Orange Avenue, where you'll find unique shops, restaurants and the renovated Village Theater. At the public library, stop by the *Wizard of Oz* display in honour of author L. Frank Baum, who wintered in Coronado.

• **FOR KIDS** When in California, do as the locals do. Kids eight and older can learn to ride the waves at one of two Coronado Surfing Academy locations. Registration includes professional instruction, wet suit rental and the use of a soft surfboard.

• **FOR GROWN-UPS** Whether visiting for the day or staying overnight, Hotel Del Coronado (known to locals as the Del) is a delightful step back in time. Built in 1888, the red-turreted beachfront hotel has a storied past: it was used as a backdrop in the Marilyn Monroe flick *Some Like It Hot*. Out on the beach, military enthusiasts will enjoy watching aircraft destined for the North Island Naval Air Station. Don't be surprised if a dozen shirtless navy SEALs jog past your beach chair en route to the nearby training facility. Beat that for eye candy!

• **DON'T MISS** Frequently sought-after by beachcombers but seldom found is the sand dollar. Not so at South Beach near the Del, where hundreds of sand dollars wash up at low tide to the delight of kids and adults alike.

• **KEEP IN MIND** The waters in this part of the Pacific can be unexpectedly chilly in summer, so expect more splashing than swimming. *For more, visit coronadovisitorcenter.com.* ●

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HOME

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[canadianliving.com/
paint2015](http://canadianliving.com/paint2015).



TRENDSPOTTING

Frosted Pastels

The forecast is in, and the 2015 palette predictions paint a pretty picture. Take your New Year's makeover cues from these clean, serene hues, pegged as the ones to watch by Canada's biggest paint brands. **BY BRETT WALTHER**
PHOTOGRAPHY BY RYAN BROOK

A HOME for all SEASONS

When your home is drenched in dreamy go-with-everything neutrals, transitioning from holiday to everyday is a total breeze. Decorator Maria Killam shifts from winter to spring simply by swapping out a few statement-making accessories.

BY BRETT WALTHER
DESIGN BY MARIA KILLAM
PHOTOGRAPHY
BY TRACEY AYTON



Mantel Peace

Come spring, the wreath is replaced by a bold botanical canvas that reiterates each of the family room's key accent colours. *Anita Lindblom artwork, bluedotartstudio.com.*



Seasonal Shuffle

The Christmas tree takes up the same footprint as Killam's Eames-style chair and ottoman, which means the holidays have little impact on the family room's floor plan. Instead of cramming the displaced furniture into another room, she stashes it in her backyard studio until the new year. Sofa, [ikea.ca](#). Side tables, [homesense.ca](#).

Hello, yellow!
Add stacks of
magazines to your
bookcase for a brilliant
burst of colour.



SOMETIMES THE RIGHT WHITE ISN'T WHITE AT ALL. In fact, throughout decorator and blogger Maria Killam's Chilliwack, B.C., home, the walls are painted a warm ivory "greige"—a colour that, in this case, reads white because of the abundant natural light that floods the space.

"You need light in order to choose really pale colours," says Killam. "If you tried to put this colour in a basement suite or a dark, north-facing space, it could look like a dingy apartment beige."

The soft, subtle neutral serves as an infinitely versatile backdrop for Killam's ever-changing array of accessories. "It makes it easy to choose accent colours, that's for sure!" she laughs. "And those bright, beautiful accessories are what prevent a neutral space from being boring." *Design, [mariakillam.com](#). Rice Paper CA037 paint (walls), Artisan White CA013 paint (trim), [cloverdalepaint.com](#).* ◉

Catch the Drift

The lime gourd lamps that flank the sideboard brighten up the dining room throughout the year. Over the holidays, they're joined by potted amaryllises and a fluffy feather boa that mimics freshly fallen snow.



Right on Schedule

The delicate kalanchoe on display in the living room is the perfect choice—and not just because it delivers another pop of pink. Like poinsettia, it's a winter bloomer that flowers just long enough to provide a hit of colour for the holidays.



Pales in Comparison Light, powdery paint colours pose a unique decorating dilemma. "They easily reflect other colours—from indoors and out—and, until you have a room painted, they're hard to judge," says Killam. Her advice: Paint one full room before committing to the hue as the dominant neutral throughout the house. *Mirror, side table, homesense.ca. Faux-fur throw blanket, potterybarn.com. Rug, pier1.ca. Coffee table, moeshome.ca. Rustic maple laminate flooring, pravadafloors.com.*

Fresh Start

The springtime swap-outs in Killam's open-concept living/dining room are subtle, but the space feels lighter after the layers of festive decor are shed.



Vanishing Act

Gorgeously wrapped gifts are scattered around the home and serve double duty as decorations. The best part? They all disappear on Christmas morning, saving the need to pack and store them for next year. *Gift wrap, target.ca, marshallscanada.ca.*





 THERE'S STILL TIME TO BUILD A GINGERBREAD HOUSE FROM SCRATCH. WE'VE GOT THE RECIPE AT canadianliving.com/gingerbreadhouse.



A Guiding White The neutral envelope continues into the kitchen, where Killam opted for conventional white subway tiles in lieu of trendier options. "The biggest mistake people make with colour is incorporating it into their fixed elements," she says, noting that over the six years she has been blogging, she has seen three distinct accent-tile fads come and go. "First there was mosaic, then pencil tile, then laser-cut Carrara. They date almost instantly, but white subway tile has staying power." *Artisan White CA013 paint (on cabinets), cloverdalepaint.com. Cabinets, qualitycabinet.ca. Range hood, kitchenaid.ca. Cooktop, bosch-home.ca. Dining chairs, eq3.ca. Sconces, circalighting.com.*

Quick-Change Colour

A multicolour toss cushion is the perfect jumping-off point for a fresh new living-room palette. Here are three au courant accessory schemes guaranteed to upgrade a neutral living room from blank canvas to masterpiece. **BY BRETT WALTHER**

Boho Femme



CUSHION

Blown up to large scale and printed on luxe linen, this hand-painted watercolour floral is anything but fussy. *BlueBellGray Chloe cushion*, \$85, thebay.com.

Chinoiserie Chic



Shades of citron and coral give a traditional chinoiserie pattern a shot in the arm. *Neo Toile throw pillow in Coral*, \$48, tonicliving.com.

Retro Redux



Kick it old school with a geometric print in fresh gradient hues. *Triangle Sunset pillow*, \$45, avrilloreti.com.

LAMP



With a built-in LED light source, this glowing glass sculpture is easy on the eyes—and the wallet. *Varby LED table lamp in Green*, \$13, ikea.ca.



The adjustable shade makes this an ideal reading lamp.



This lamp's funky tripod base strikes just the right nostalgic note. *Snapshot desk lamp in Blue*, \$135, moeshome.ca.

SIDE TABLE



Anything displayed on this museum-style plinth instantly gains artifact status. *Ynes end table in Fuchsia*, \$299, eq3.com.



Elegant curves and a weathered finish belie this beauty's modest price tag. *Daffodil table in Smoke Blue*, \$200, pier1.ca.



Between the tapered legs and the laminate top, this mid-century-inspired table could easily pass as antique. *Side table in Yellow*, \$450, snobstuff.com.

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FOOD

30-MINUTE MEALS | PARTY FOOD | BUBBLY COCKTAILS | SWEET TARTS



A white plate with a black and gold Greek key pattern around the edge. On the plate are several pieces of golden-brown, crispy roasted potatoes. One potato is cut in half, revealing a soft, fluffy interior. A small dollop of red salsa is on the plate next to the potatoes. A gold spoon is resting on the plate. In the top left corner of the image, there is a circular red seal with white text that reads "CANADIAN LIVING", "TESTED TILL PERFECT", "TEST KITCHEN", and "EST. 1975".

**THE ULTIMATE
Crispy Roasted
Potatoes**

Fluffy on the inside and crispy on the outside, these potatoes truly deserve their "ultimate" status. Duck fat is the key to their rich flavour, but you can customize the taste by switching up the type of fat.

BY IRENE FONG & THE TEST KITCHEN



"The secret to the best roasted potatoes ever? Double-cook them, first in water, then in the oven. The roasting time may seem long, but it's essential for a crunchy golden exterior."

—IRENE FONG, FOOD SPECIALIST



Hands-on time: 20 minutes | **Total time:** 1½ hours | **Makes:** 4 servings

1kg	russet potatoes, peeled and cut in 1½-inch (4 cm) pieces
¼ cup	duck, goose, beef or chicken fat (or 2 tbsp each olive oil and melted unsalted butter)
½ tsp	salt
Pinch	pepper

In large saucepan of boiling salted water, cook potatoes just until fork-tender, about 6 minutes. Drain well.

In roasting pan, heat duck fat in 450°F (230°C) oven just until beginning to smoke, about 4 minutes. Remove from oven; standing back and averting face, add potatoes. Sprinkle with salt and pepper; stir to coat. Roast, turning potatoes every 20 minutes, until golden, 50 to 60 minutes.

PER SERVING: about 277 cal, 4 g pro, 13 g total fat (4 g sat. fat), 37 g carb (3 g dietary fibre, 1 g sugar), 13 mg chol, 780 mg sodium, 766 mg potassium. **% RD:** 2% calcium, 12% iron, 50% vit C, 12% folate. ●

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Quick & Easy

Simple hearty ingredients help you put these fresh weeknight meals on the table in a matter of minutes.

BY JENNIFER BARTOLI & THE TEST KITCHEN



GARLIC STEAKS WITH POTATO AND PARSNIP MASH

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Parsnips add a comforting wintry heartiness to classic mashed potatoes. For the juiciest steaks, let them rest for at least five minutes before serving. Round out the meal with a side of steamed greens or a mixed-leaf salad.

4	beef rib eye grilling steaks (each about 150 g)
½ tsp	garlic powder
¼ tsp	each salt and pepper
2 tsp	vegetable oil

Potato and Parsnip Mash:

400 g	yellow-fleshed potatoes, peeled and cut in chunks
200 g	parsnips, peeled and cut in chunks
3	cloves garlic, smashed
½ cup	milk
2 tbsp	butter
1 tbsp	each chopped fresh parsley and chopped fresh chives
2 tsp	each prepared horseradish and grainy mustard
¼ tsp	pepper
Pinch	salt

Potato and Parsnip Mash: In saucepan of boiling salted water, cook potatoes, parsnips and garlic until tender, about 15 minutes. Drain; return to pan. Cook

over low heat, shaking pan occasionally, until dry, about 1 minute. Using potato masher, mash until smooth. Stir in milk and butter; stir in parsley, chives, horseradish, mustard, pepper and salt.

Meanwhile, sprinkle steaks with garlic powder, salt and pepper. In large nonstick skillet, heat oil over medium-high heat; cook steaks, turning once, until medium-rare, about 8 minutes. Cover loosely; let rest for 5 minutes. Serve with vegetable mash.

PER SERVING: about 469 cal, 32 g pro, 26 g total fat (11 g sat. fat), 27 g carb (3 g dietary fibre, 5 g sugar), 88 mg cholesterol, 601 mg sodium, 825 mg potassium. % RD: 7% calcium, 29% iron, 8% vit A, 23% vit C, 20% folate. ☀



QUICK CHICKEN AND WHITE BEAN STEW

Hands-on time: 25 minutes

Total time: 30 minutes

Makes: 4 servings

Ideal to dig into on a chilly evening, this one-pot chicken stew comes together in no time. Passata—a jarred tomato purée—adds full-bodied flavour and a smooth comforting texture. Serve with crusty bread or over couscous, rice or pasta.

2	slices bacon, thinly sliced
450 g	boneless skinless chicken thighs, quartered
2 tsp	vegetable oil
1	onion, sliced
6	cloves garlic, sliced
1 tbsp	chopped fresh thyme

1	pkg (227 g) cremini or button mushrooms, sliced
1	can (540 mL) navy beans, drained and rinsed
2 cups	bottled strained tomatoes (passata)
Pinch	each salt and pepper
2	green onions, sliced
2 tbsp	chopped fresh parsley
1 tsp	red wine vinegar

In Dutch oven or large heavy-bottomed saucepan, cook bacon over medium heat, stirring, until fat begins to render, about 2 minutes.

Add chicken; cook, stirring, until browned, about 4 minutes. Using slotted spoon, transfer mixture to plate; set aside.

In same Dutch oven, heat oil over medium heat; cook onion, stirring, until

softened, about 3 minutes. Add garlic and thyme; cook, stirring, until fragrant, about 1 minute. Add mushrooms and 2 tbsp water; cook, stirring occasionally and scraping up browned bits, until mushrooms are tender and no liquid remains, 4 to 5 minutes.

Return chicken mixture and any juices to Dutch oven. Stir in beans, strained tomatoes, salt, pepper and ½ cup water; bring to boil. Reduce heat, cover and simmer until stew is slightly thickened and chicken is no longer pink inside, about 8 minutes. Remove from heat; stir in green onions, parsley and vinegar.

PER SERVING: about 449 cal, 35 g pro, 14 g total fat (5 g sat. fat), 45 g carb (10 g dietary fibre, 8 g sugar), 101 mg chol, 418 mg sodium, 1,204 mg potassium. % RDI: 11% calcium, 48% iron, 4% vit A, 18% vit C, 40% folate.



PORK AND PEPPER LETTUCE CUPS

Hands-on time: 25 minutes

Total time: 25 minutes

Makes: 4 servings

Lettuce cups are a fun (and easy!) way to enjoy this speedy stir-fry, but you can also serve it over steamed rice with a drizzle of the hoisin dressing.

4 tsp	vegetable oil
450 g	pork tenderloin, trimmed and cut in ½-inch (1 cm) wide strips
3	cloves garlic, minced
1 tbsp	grated fresh ginger
1	each sweet red pepper and sweet yellow pepper, sliced
3 tbsp	hoisin sauce

2	green onions, sliced
1 tbsp	sesame seeds, toasted
Pinch	each salt and pepper
¼ cup	chopped cashews, toasted
½ tsp	sesame oil
1 tsp	white wine vinegar
1 tsp	Asian sweet chili sauce
12	leaves Boston lettuce

In wok or nonstick skillet, heat 1 tsp of the vegetable oil over medium-high heat; sauté pork until browned, about 3 minutes. Scrape into bowl; set aside.

Add remaining vegetable oil to wok; sauté garlic and ginger until fragrant, about 30 seconds. Add red and yellow peppers; sauté until tender-crisp, about

4 minutes. Return pork and any juices to wok. Stir in 1 tbsp of the hoisin sauce and 2 tbsp water; cook until juices run clear when pork is pierced and just a hint of pink remains inside, about 1 minute. Add green onions, sesame seeds, salt and pepper; sauté for 30 seconds. Remove from heat; stir in cashews and sesame oil. Scrape into clean bowl.

In small bowl, whisk together remaining hoisin sauce, the vinegar, chili sauce and 4 tsp water. Spoon pork mixture into lettuce leaves; serve with hoisin dressing.

PER SERVING: about 287 cal, 29 g pro, 12 g total fat (2 g sat. fat), 16 g carb (2 g dietary fibre, 7 g sugar), 63 mg chol, 272 mg sodium, 734 mg potassium. % RDI: 4% calcium, 21% iron, 20% vit A, 197% vit C, 19% folate. ☀



SEARED SALMON AND SWISS CHARD WITH MUSTARD VINAIGRETTE

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

A simple mustard vinaigrette is all you need to amp up the fresh flavour of salmon. Currants add a touch of sweetness to the Swiss chard, but you can also use dried cranberries for an extra pop of colour. Chard stems are denser than the leaves, so be sure to cook them for longer.

1	large bunch Swiss chard (about 450 g)
1tbsp	olive oil
4	cloves garlic, sliced
Pinch	hot pepper flakes
2 tbsp	dried currants

1/4 tsp	each salt and pepper
2 tsp	lemon juice
4	skinless salmon fillets (each about 150 g)

Mustard Vinaigrette:

2 tbsp	olive oil
1tbsp	lemon juice
1tsp	Dijon mustard
Pinch	each salt and pepper

Mustard Vinaigrette: In small bowl, whisk together oil, lemon juice, mustard, salt and pepper. Set aside.

Separate leaves from stems of Swiss chard; cut stems into 1/2-inch (1 cm) lengths and coarsely chop leaves. Set stems and leaves aside.

In large nonstick skillet, heat half of the oil over medium heat; cook garlic and hot pepper flakes, stirring often, until

fragrant, about 1 minute. Add Swiss chard stems, currants, half each of the salt and pepper and 1/4 cup water. Cook, stirring occasionally, until stems are tender-crisp, about 6 minutes. Add Swiss chard leaves; cook, stirring, until wilted, about 3 minutes. Remove from heat; stir in lemon juice. Scrape into bowl; keep warm.

Sprinkle salmon with remaining salt and pepper. In same skillet, heat remaining oil over medium heat; cook salmon, turning once, until fish flakes easily when tested with fork, about 8 minutes. Serve with Swiss chard mixture and vinaigrette.

PER SERVING: about 329 cal, 24 g pro, 22 g total fat (4 g sat. fat), 9 g carb (3 g dietary fibre, 4 g sugar), 61 mg chol, 404 mg sodium, 995 mg potassium. % RDI: 8% calcium, 21% iron, 64% vit A, 40% vit C, 20% folate.



TOMATO AND VEGETABLE SOUP WITH HALLOUMI

VEGETARIAN

Hands-on time: 30 minutes

Total time: 30 minutes

Makes: 4 servings

Warm spices add exotic flair to this veggie-packed soup. You'll find halloumi, a firm cheese that holds its shape when cooked, in the cheese aisle of many supermarkets or in Middle Eastern grocery stores. Serve it atop the soup as a decadent garnish.

- 4 tsp olive oil
- 2 carrots, sliced
- 1 rib celery, diced
- 1 onion, diced
- 4 cloves garlic, minced
- 1tsp each ground cumin, ground coriander and curry powder

- Pinch each cinnamon and hot pepper flakes
- 1 can (796 mL) diced tomatoes
- 2 cups sodium-reduced vegetable broth
- 1 zucchini, diced
- 3 cups lightly packed baby spinach
- 1/4 cup chopped fresh cilantro (optional)
- 1tbsp lemon juice
- 4 slices (about 1/4-inch/5 mm thick) baguette
- 1/2 tsp za'atar
- Half pkg (250 g pkg) halloumi cheese, cut crosswise in 4 slices

In Dutch oven or large heavy-bottomed saucepan, heat 3½ tsp of the oil over medium heat; cook carrots, celery and onion, stirring, until softened, about 5 minutes. Add garlic, cumin, coriander, curry powder, cinnamon and hot pepper flakes; cook, stirring, for 1 minute.

Stir in tomatoes, broth and 2 cups water; bring to boil. Reduce heat; simmer for 15 minutes. Stir in zucchini; cook until tender-crisp, about 2 minutes. Remove from heat; stir in spinach, cilantro (if using) and lemon juice.

Meanwhile, arrange baguette slices on rimmed baking sheet; drizzle with remaining oil and sprinkle with za'atar. Bake in 400°F (200°C) oven until crisp and light golden, about 6 minutes.

Meanwhile, in nonstick skillet, cook halloumi cheese over medium heat, turning once, until golden, about 4 minutes. Top soup with halloumi and baguette.

PER SERVING: about 261 cal, 11 g pro, 14 g total fat (6 g sat. fat), 26 g carb (5 g dietary fibre, 12 g sugar), 31 mg chol, 996 mg sodium, 930 mg potassium. % RDI: 31% calcium, 31% iron, 110% vit A, 77% vit C, 40% folate. ●



Classic COMFORT

These cabbage rolls, first featured in our October 1991 issue, stand the test of time. Packed with hearty beef and smothered in sauce, they're bound to warm the body and soothe the soul.

BY THE TEST KITCHEN



This recipe yields enough servings to feed a crowd.

PHOTOGRAPH: JEFF COULSON. FOOD STYLING: NOAH WITENOFF. PROP STYLING: SASHA SEYMOUR



Just as delicious as they
were in 1991!

CABBAGE ROLLS

Hands-on time: 45 minutes
Total time: 2 1/4 hours
Makes: 24 rolls

Our classic recipe for hearty cabbage rolls is a labour of love that won't disappoint. Use two smaller cabbages rather than one large head, as the leaves will be more consistent in size. The best leaves for rolling are in the middle of the head, so save the outer ones for coleslaw or soup. Serve with a dollop of sour cream and a little fresh dill.

2	small heads green or Savoy cabbage (each about 1.2 kg)
1 1/4 cups	sodium-reduced chicken broth
1/2 cup	parboiled rice
8	slices bacon, finely chopped
2 tbsp	butter
3	onions, chopped
1/2 cup	finely chopped sweet red pepper
2	cloves garlic, minced
1/2 tsp	dried marjoram
1/2 tsp	dried thyme
675 g	lean ground beef
1/2 cup	chopped fresh parsley
1	egg, whisked
1 tsp	salt
1/2 tsp	pepper
3 cups	sauerkraut, rinsed and squeezed dry

3 tbsp packed brown sugar
1 can (1.36 L) tomato juice

Using sharp knife, remove core from each cabbage. In large saucepan of boiling salted water, cook cabbage, 1 at a time, until leaves are softened, about 8 minutes. Transfer to bowl of ice water to chill. Remove outer leaves from each head; set a few of the outer leaves aside to cover the rolls while baking.

Working from core end, remove 12 leaves from each cabbage; return cabbage heads to boiling water for 2 to 3 minutes if leaves become difficult to remove. Drain leaves on paper towels. Trim coarse veins; set aside.

Meanwhile, in saucepan, bring broth to boil; add rice. Reduce heat; cover and simmer until tender, about 20 minutes. Transfer to large bowl.

Meanwhile, in skillet, cook bacon over medium heat, stirring often, until crisp, about 5 minutes; drain fat. Add butter to skillet; cook onions, red pepper, garlic, marjoram and thyme, stirring, until onions are softened, about 5 minutes. Add to rice along with beef, parsley, egg, salt and pepper; mix well.

Arrange cabbage leaves on work surface; spoon about 1/4 cup of the beef mixture onto each leaf, just above stem. Fold 1 end and both sides over filling; roll up to form cylinders.

In 24-cup (6 L) Dutch oven or roasting pan, spread one-third of the sauerkraut; sprinkle with one-third of the brown sugar. Arrange one-third of the rolls, seam side down, in single layer over top. Spread another one-third each of the sauerkraut and brown sugar over rolls. Arrange another one-third of the rolls in single layer over top; cover with remaining sauerkraut and brown sugar. Arrange remaining rolls over top.

Pour tomato juice over rolls. Arrange a few of the reserved outer cabbage leaves over top to prevent scorching. Cover and bake in 350°F (180°C) oven for 1 1/2 hours. Uncover and bake until tender, about 30 minutes. Discard top leaves.

PER ROLL: about 138 cal, 8 g pro, 7 g total fat (4 g sat. fat), 12 g carb (2 g dietary fibre, 6 g sugar), 31 mg chol, 552 mg sodium, 331 mg potassium. % RDI: 4% calcium, 9% iron, 6% vit A, 37% vit C, 12% folate.

 **LEARN HOW TO WRAP CABBAGE ROLLS AT**
canadianliving.com/cabbagerolls.

COVER RECIPE

NEW YEAR'S Nibbles

10 failproof appetizers
that'll tickle your tastebuds
till midnight.

BY THE TEST KITCHEN
PHOTOGRAPHY BY RYAN BROOK

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1. Fried Tofu With Spicy Sesame Dipping Sauce, P. 88



Make them ahead and simply reheat in the oven!



2. Bite-Size Shrimp Frittatas, P. 88



3. Mini Potato and Zucchini Latkes, P. 88

Crispy latkes are a party favourite.



4. Spinach and Feta Burek, P. 88

1 FRIED TOFU WITH SPICY SESAME DIPPING SAUCE

Hands-on time: 35 minutes

Total time: 1 hour

Makes: about 30 pieces

Mild tofu marries beautifully with this spicy dipping sauce. Serve the tofu hot or at room temperature.

1 pkg (454 g) firm tofu
1/4 cup vegetable oil

Spicy Sesame Dipping Sauce:

1/4 cup soy sauce
2 tbsp minced green onion
2 tbsp rice vinegar
2 cloves garlic, minced
2 tsp sesame seeds, toasted
2 tsp sesame oil
1 tsp hot pepper flakes
1/2 tsp granulated sugar

Cut tofu into 1-inch (2.5 cm) cubes. Let stand on plate for 30 minutes; discard liquid. In skillet, heat oil over medium-high heat; working in batches, cook tofu, turning often, until golden brown, 5 to 7 minutes. Transfer to paper towel-lined plate to drain. (Make-ahead: Cover and refrigerate for up to 24 hours. Bring to room temperature before serving.)

Spicy Sesame Dipping Sauce: Meanwhile, in bowl, mix together soy sauce, green onion, vinegar, garlic, sesame seeds, sesame oil, hot pepper flakes and sugar. Serve with tofu.

PER PIECE: about 25 cal, 2 g pro, 2 g total fat (trace sat. fat), 1 g carb (trace dietary fibre), 0 mg chol, 140 mg sodium. % RDI: 3% calcium, 2% iron, 2% vit A, 3% vit C, 3% folate.

2 BITE-SIZE SHRIMP FRITTATAS

Hands-on time: 15 minutes

Total time: 30 minutes

Makes: 16 pieces

This dish is a great way to highlight the subtle, sweet flavour of shrimp. Any extra-small canned or frozen shrimp you have on hand will do; large shrimp can also be used if they're coarsely chopped.

8 eggs
1/2 cup sliced green onions
2 tbsp grated Parmesan cheese
1 tbsp all-purpose flour
1 tsp baking powder
Pinch each salt and pepper
1 cup cooked deveined peeled salad shrimp, patted dry

In bowl, whisk together eggs, green onions, Parmesan cheese, flour, baking

powder, salt and pepper. Spoon scant 2 tbsp of the mixture into each of 16 greased nonstick muffin tin wells. Add 1 tbsp of the shrimp to centre of each well.

Bake in 350°F (180°C) oven until tip of knife inserted into centre of several comes out clean, about 15 minutes. Let cool in pan for 1 minute; transfer directly to rack to cool completely.

(Make-ahead: Refrigerate in airtight container for up to 24 hours. Reheat on baking sheet in 350°F/180°C oven for 10 minutes.)

PER PIECE: about 51 cal, 5 g pro, 3 g total fat (1 g sat. fat), 1 g carb (trace dietary fibre), 109 mg chol, 80 mg sodium, 56 mg potassium. % RDI: 3% calcium, 4% iron, 4% vit A, 2% vit C, 7% folate.

3 MINI POTATO AND ZUCCHINI LATKES

Hands-on time: 50 minutes

Total time: 1 1/4 hours

Makes: about 40 pieces

Serve these veggie patties warm or at room temperature with a dollop of sour cream or Chunky Applesauce (see recipe, right). They're at their best when made the same day—but, if you prefer, they reheat well.

2 small zucchini (about 250 g)
1/2 tsp salt
3 yellow-fleshed potatoes, peeled (about 450 g)
Half onion, grated
1 egg, lightly whisked
3 tbsp all-purpose flour
Vegetable oil for frying

Using grater or food processor with shredder blade, coarsely grate zucchini. Transfer to colander; sprinkle with half of the salt. Let stand for 30 minutes. Using tea towel or potato ricer, squeeze out and discard liquid. Transfer zucchini to large bowl.

Using grater or food processor with shredder blade, coarsely grate potatoes. Using tea towel or potato ricer, squeeze out and discard liquid. Add potatoes to bowl with zucchini. With fork, mix in onion, egg, flour and remaining salt.

In large skillet, add enough oil to cover bottom of pan; heat over medium-high heat. Shape zucchini mixture by rounded 1 tbsp; working in batches, add to skillet, flattening slightly and leaving at least 1 inch (2.5 cm) between each. Cook, turning halfway through and adding more oil as needed, until golden and edges are crisp, about

5 minutes. Transfer to paper towel-lined racks to drain. (Make-ahead: Remove paper towels; let stand on racks for up to 4 hours or cover and refrigerate on racks for up to 24 hours. Reheat on baking sheets in 425°F/220°C oven for 6 to 8 minutes.)

PER PIECE: about 36 cal, trace pro, 2 g total fat (trace sat. fat), 4 g carb (trace dietary fibre), 0 mg chol, 16 mg sodium, 60 mg potassium. % RDI: 1% iron, 1% vit A, 2% vit C, 2% folate.

CHUNKY APPLESAUCE

In saucepan, combine 4 apples, peeled, cored and chopped; 1/2 cup apple cider or water; and 1/4 cup granulated sugar. Bring to boil over medium heat. Reduce heat; cover and simmer, stirring, until apples are tender, about 25 minutes. Using potato masher, mash until chunky. Stir in 1 tbsp lemon juice. Let cool to room temperature. (Make-ahead: Refrigerate in airtight container for up to 3 days.) **Makes 2 cups.**

4 SPINACH AND FETA BUREK

Hands-on time: 1 hour

Total time: 1 1/2 hours

Makes: 64 pieces

These warm, flaky and cheesy bites are similar to Greek spanakopita triangles, but they have the addition of allspice. Phyllo pastry dries out quickly, so keep it covered with a damp towel when you're not working with it.

1 bag (284 g) spinach, trimmed
375 g feta cheese, crumbled
1 pkg (250 g) cream cheese, softened
1 egg
2 tbsp chopped fresh dill
1/2 tsp grated lemon zest
1 clove garlic, minced
1/2 tsp each salt and pepper
1/4 tsp ground allspice
16 sheets phyllo pastry
3/4 cup butter, melted

In steamer basket set over saucepan of simmering water, steam spinach until wilted. Using back of spoon, press out and discard liquid; coarsely chop spinach. Set aside.

In bowl, beat feta cheese with cream cheese until light and fluffy. Beat in egg, dill, lemon zest, garlic, salt, pepper and allspice. Stir in spinach.

Place 1 phyllo sheet on work surface, keeping remainder covered with damp towel to prevent drying out. Brush lightly with butter.

Cut lengthwise to make four 2½-inch (6 cm) wide strips; discard remaining strip.

Spoon 1 tbsp of the spinach mixture ½ inch (1 cm) from end of 1 strip. Fold 1 corner of phyllo over filling so bottom edge of phyllo meets side edge to form triangle. Continue folding triangle sideways and upward until end of strip; fold end flap over to adhere. Repeat with remaining phyllo and spinach mixture.

Brush both sides of triangles with remaining butter. (Make-ahead: Layer between waxed paper in airtight container; freeze for up to 2 weeks. Bake from frozen.) Bake on baking sheet in 375°F (190°C) oven until golden, about 18 minutes.

PER PIECE: about 67 cal, 2 g pro, 5 g total fat (3 g sat. fat), 4 g carb (trace dietary fibre), 18 mg chol, 137 mg sodium, 33 mg potassium. % RDI: 3% calcium, 3% iron, 8% vit A, 6% folate.

5 LEMON HERB CHICKEN POPS

Hands-on time: 30 minutes
Total time: 1½ hours

Makes: about 30 pieces

Delicately seasoned with fragrant herbs and lemon, these flavourful chicken skewers are easy party staples. Look for cocktail skewers at kitchen supply stores. Make the chicken skewers up to two weeks ahead and cook from frozen.

½ cup	extra-virgin olive oil
1 tbsp	grated lemon zest
¼ cup	lemon juice
2	cloves garlic, minced
2 tsp	each dried basil and dried rosemary
1 tsp	each salt and dried thyme

½ tsp	pepper
4	boneless skinless chicken breasts, cut in 1½-inch (4 cm) cubes

In large bowl, whisk together oil, lemon zest, lemon juice, garlic, basil, rosemary, salt, thyme and pepper. Add chicken; toss to coat. Cover and refrigerate for 1 hour. (Make-ahead: Refrigerate for up to 4 hours.)

Thread 1 piece of the chicken onto each metal or soaked wooden cocktail skewer. (Make-ahead: Freeze on waxed paper-lined baking sheet until firm, about 2 hours. Transfer to airtight container; freeze for up to 2 weeks. Cook from frozen, adding 4 minutes to cook time.) In grill pan or skillet, cook chicken skewers in batches over medium heat, turning once, until golden and no longer pink inside, about 6 minutes.

PER PIECE: about 20 cal, 2 g pro, 1 g total fat (trace sat. fat), trace carb, 0 g fibre, 4 mg chol, 45 mg sodium. % RDI: 1% iron, 2% vit C.

6 LEMON PEPPER SALMON CAKES WITH HERBED GARLIC MAYO

Hands-on time: 1 hour
Total time: 1 hour
Makes: about 30 pieces

A zesty mayo adds zip to these moist, mouthwatering cakes. You can use canned tuna, shrimp, crab or 1½ cups flaked cooked fish instead of the salmon.

2	large potatoes (450 g), peeled and halved
¼ cup	dried bread crumbs
2	green onions, chopped
¼ cup	chopped fresh parsley
½ tsp	grated lemon zest

2 tbsp	lemon juice
2	cloves garlic, minced
½ tsp	each salt and pepper
1	egg, whisked
2	cans (each 213 g) red sockeye salmon, drained and flaked
2 tbsp	vegetable oil

Herbed Garlic Mayo:
½ cup light mayonnaise
1 tbsp chopped fresh parsley
1 clove garlic, minced
½ tsp grated lemon zest

In saucepan of boiling salted water, cook potatoes, covered, until tender, about 15 minutes. Drain and return to pot; using potato masher, mash until smooth.

In large bowl, stir together potatoes, bread crumbs, green onions, parsley, lemon zest, lemon juice, garlic, salt and pepper; stir in egg. Fold in salmon. Let cool for 5 minutes. Shape by rounded 1 tbsp into ¼-inch (5 mm) thick patties. (Make-ahead: Arrange on waxed paper-lined baking sheet; cover and refrigerate for up to 24 hours.)

In large nonstick skillet, heat oil over medium heat; working in batches, cook patties, turning once, until golden, about 8 minutes. (Make-ahead: Cover and refrigerate on foil-lined baking sheet for up to 24 hours. Reheat in 375°F/190°C oven until warm, about 6 minutes.)

Herbed Garlic Mayo: In bowl, stir together mayonnaise, parsley, garlic and lemon zest. (Make-ahead: Cover and refrigerate for up to 2 days.) Serve with salmon cakes.

PER PIECE: about 50 cal, 3 g pro, 3 g total fat (trace sat. fat), 3 g carb (trace dietary fibre), 10 mg chol, 142 mg sodium. % RDI: 3% calcium, 2% iron, 1% vit A, 3% vit C, 2% folate. ☀

5. Lemon Herb Chicken Pops



6. Lemon Pepper Salmon Cakes With Herbed Garlic Mayo





WARM MIXED OLIVES AND CHORIZO

Hands-on time: 15 minutes

Total time: 25 minutes

Makes: 4 cups

This warm appetizer blends sweet, smoky and spicy Mediterranean flavours. Use any kind of unpitted green and black olives, which are available at deli counters and supermarkets. Serve with cocktail picks.

2 tbsp	extra-virgin olive oil
125 g	smoked chorizo or other smoked sausage, thinly sliced
1 cup	unpitted brined black olives (such as Kalamata)
1 cup	unpitted oil-cured black olives
1 cup	unpitted large green olives
2	cloves garlic, thinly sliced
1 tsp	hot pepper flakes
Half	small navel orange, thinly sliced
1 tbsp	fresh sage leaves, thinly sliced

In large skillet, heat oil over medium heat; cook chorizo, stirring, for 1 minute.

Add brined black olives, oil-cured black olives, green olives, garlic and hot pepper flakes; cook, stirring occasionally, until heated through and fragrant, about 3 minutes.

Stir in orange and sage; cook until orange begins to break down, about 2 minutes. Remove from heat; cover and let stand for 10 minutes. Serve warm. (Make-ahead: Cover and refrigerate for up to 3 days; reheat before serving.)

PER 2 TBSP: about 61 cal, 1 g pro, 6 g total fat (1 g sat. fat), 2 g carb (1 g dietary fibre), 3 mg chol, 393 mg sodium, 27 mg potassium. % RDI: 1% calcium, 1% iron, 1% vit. A, 3% vit. C.



ROASTED TOMATO CAPRESE CROSTINI

Hands-on time: 15 minutes

Total time: 45 minutes

Makes: 24 pieces

These mini cooked versions of the summer classic are rich in flavour and vibrant in colour. Look for bocconcini, buffalo mozzarella or fresh mozzarella cheese in sealed bags or tubs of water at deli counters.

2 cups	halved grape or cherry tomatoes
1 tbsp	extra-virgin olive oil
1/4 tsp	each salt and pepper
1/4 tsp	dried basil
24	slices (2- x 1/2-inch/5- x 1-cm) focaccia, baguette or crusty Italian bread
150 g	large bocconcini, fresh mozzarella or buffalo mozzarella cheese

1/4 cup	prepared pesto
	Fresh basil leaves or chopped fresh chives

In bowl, toss together tomatoes, oil, salt, pepper and dried basil. Spread in single layer on parchment paper-lined baking sheet; bake in 400°F (200°C) oven, stirring once, until tomatoes are shrivelled, about 30 minutes. (Make-ahead: Let cool; refrigerate in airtight container for up to 24 hours. Let stand at room temperature for about 20 minutes before continuing with recipe.)

Arrange focaccia on separate baking sheet; broil, turning once, until golden, about 2 minutes. (Make-ahead: Let cool; store in airtight container for up to 24 hours.)

Cut bocconcini cheese into 24 thin slices; pat dry. Top each focaccia slice with 1/2 tsp of the pesto and 1 slice of the cheese. Spoon tomato mixture over top. Bake in 425°F (220°C) oven until cheese is slightly melted, about 6 minutes. Sprinkle with fresh basil; serve warm.

PER PIECE: about 53 cal, 2 g pro, 3 g total fat (1 g sat. fat), 5 g carb (1 g dietary fibre), 5 mg chol, 132 mg sodium, 40 mg potassium. % RDI: 4% calcium, 3% iron, 3% vit. A, 3% vit. C, 4% folate.

9 LAMB SAUSAGE ROLLS

Hands-on time: 35 minutes

Total time: 1 1/4 hours

Makes: 60 pieces

Bold orange and fennel add a hit of unexpected flavour to these bite-size rolls. If you like, substitute lean ground beef for the lamb. Thaw the puff pastry in the fridge overnight for best results.

2	eggs
1/4 cup	fresh bread crumbs, toasted
1/4 cup	minced onion
1	clove garlic, minced
2 tbsp	chopped fresh parsley
2 tsp	crushed fennel seeds
1 tsp	grated orange zest
1/2 tsp	each salt and ground coriander
1/4 tsp	pepper
450 g	ground lamb
1	pkg (450 g) frozen butter puff pastry, thawed
2 tbsp	Dijon mustard
1	egg yolk

In large bowl, mix together eggs, bread crumbs, onion, garlic, parsley, fennel seeds, orange zest, salt, coriander and pepper; stir in lamb. Set aside.

On lightly floured work surface, roll out 1 sheet of the pastry into 10-inch (25 cm)

square; slice into 3 equal strips. Brush 1 tsp of the mustard over each strip. Spoon one-sixth of the lamb mixture along centre of each strip. Fold pastry lengthwise over filling; press edges to seal. Repeat with remaining pastry, mustard and lamb mixture.

Arrange, seam side down, on parchment paper-lined baking sheet. Cover and refrigerate until firm, about 25 minutes. On cutting board, cut each roll crosswise into 10 pieces; return to baking sheet. (Make-ahead: Layer between waxed paper in airtight container; freeze for up to 2 weeks. Bake from frozen, adding 5 minutes to bake time.)

Whisk egg yolk with 1 tbsp water; brush over rolls. Bake in 400°F (200°C) oven until puffed and golden, about 15 minutes.

PER PIECE: about 66 cal, 2 g pro, 5 g total fat (3 g sat. fat), 3 g carb (trace dietary fibre), 23 mg chol, 63 mg sodium. % RDI: 1% calcium, 3% iron, 3% vit. A, 5% folate.

10 MUSTARD-SPICED NUTS

Hands-on time: 10 minutes

Total time: 30 minutes

Makes: 4 cups

This quick mix is irresistibly sweet and savoury. Switch up the nuts according to your taste—just keep the total amount at 4 cups.

1 cup	natural (skin-on) almonds
1 cup	raw cashews
1 cup	shelled pistachios
1 cup	walnut halves
1 tbsp	extra-virgin olive oil
1 tbsp	Dijon mustard
2 tbsp	packed brown sugar
1 tbsp	dry mustard
1 1/2 tsp	ground coriander
1 tsp	salt
1/2 tsp	cayenne pepper
1/4 tsp	pepper

In bowl, stir together almonds, cashews, pistachios, walnuts, oil and Dijon mustard. Mix together brown sugar, dry mustard, coriander, salt, cayenne pepper and pepper; toss with nut mixture to coat.

Spread on parchment paper-lined baking sheet; bake in 350°F (180°C) oven, stirring once, until fragrant and lightly toasted, about 20 minutes. (Make-ahead: Store in airtight container for up to 1 week.)

PER 2 TBSP: about 101 cal, 3 g pro, 8 g total fat (1 g sat. fat), 5 g carb (1 g dietary fibre), 0 mg chol, 79 mg sodium, 120 mg potassium. % RDI: 2% calcium, 6% iron, 4% folate. ●

7. Warm Mixed Olives and Chorizo



A cold-weather twist on a summery classic.



8. Roasted Tomato Caprese Crostini



Store-bought pastry makes assembly a snap!

10. Mustard-Spiced Nuts



9. Lamb Sausage Rolls

A collage of party appetizers. In the top left, there are several pieces of golden-brown crackers with white sesame seeds. In the center, a white plate holds a log of yellowish-green dip, identified as 'Curried Leek and Lentil Spread', with a silver knife resting on it. In the top right, a dark bowl is filled with a variety of colorful, leafy radicchio and endive. In the bottom right, a bunch of vibrant, multi-colored heirloom carrots is shown alongside some slices of rustic bread.

DIPS & SPREADS

Party Pleasers

Creamy dips and spreads are guaranteed to win over a crowd. Grab some crackers and crudités and dig in.

BY IRENE FONG & THE TEST KITCHEN

Heirloom carrots add an unexpected burst of colour.



Kale and Cheese Dip

TESTED
TILL
PERFECT

CURRIED LEEK AND LENTIL SPREAD

Hands-on time: 30 minutes

Total time: 2½ hours

Makes: 6 servings (1-cup log)

Tangy goat cheese, curried lentils and sweet leeks make a perfect partnership in this flavourful cheese spread. The log needs time in the fridge to become firm, so it's best made the day before.

1 tbsp	butter
1	leek (white and light green parts only), halved lengthwise and thinly sliced crosswise
2	cloves garlic, minced
2 tsp	curry powder
1 tsp	ground coriander
Pinch	each salt and pepper
2 tbsp	dried red lentils
60 g	soft goat cheese (chèvre), softened
½ cup	chopped fresh parsley

In saucepan, melt butter over medium heat; cook leek and garlic, stirring, until leek is softened, about 5 minutes. Add curry powder, coriander, salt and pepper; cook, stirring, until fragrant, about 2 minutes.

Stir in lentils and ½ cup water; bring to boil. Reduce heat; cover and simmer until lentils are tender and no liquid remains, 10 to 12 minutes. Scrape

into bowl; let cool completely, about 30 minutes. Stir in goat cheese and 3 tbsp of the parsley until well combined. Cover and refrigerate until firm, about 1 hour.

Place plastic wrap on work surface; spoon mixture into centre. Wrap and shape mixture into 4- x 2-inch (10 x 5 cm) log, twisting ends of plastic wrap to seal. Refrigerate until firm, about 15 minutes. (Make-ahead: Refrigerate for up to 2 days.)

Unwrap and roll in remaining parsley to coat. (Make-ahead: Wrap in plastic wrap; refrigerate for up to 2 days.)

PER SERVING: about 74 cal, 4 g pro, 4 g total fat (3 g sat. fat), 6 g carb (1 g dietary fibre, 1 g sugar), 10 mg chol, 58 mg sodium, 122 mg potassium. % RDI: 4% calcium, 11% iron, 11% vit A, 15% vit C, 18% folate.

KALE AND CHEESE DIP

Hands-on time: 20 minutes

Total time: 40 minutes

Makes: 8 to 10 servings (about 2 cups)

Hearty kale replaces spinach in this modern twist on a pub favourite. Serve with crackers and fresh veggies.

6 cups	packed baby kale (about 125 g)
1 cup	shredded Swiss cheese
3 tbsp	grated Parmesan cheese
Half	pkg (250 g) cream cheese, softened
½ cup	mayonnaise
½ cup	sour cream
1	clove garlic, chopped
¼ tsp	each salt and pepper

In saucepan of lightly salted boiling water, cook kale until wilted, about 1 minute. Drain; let cool slightly. Using back of spoon, press out and discard excess liquid; chop kale into pieces.

Combine Swiss cheese with Parmesan cheese; set aside.

In food processor, pulse together kale, cream cheese, mayonnaise, sour cream, garlic, salt and pepper, scraping down side as needed, until smooth.

Stir in all but 3 tbsp of the Swiss cheese mixture. Scrape into 2-cup (500 mL) ovenproof dish; sprinkle with remaining Swiss cheese mixture. (Make-ahead: Cover and refrigerate for up to 24 hours. Add 10 minutes to bake time.) Bake in 400°F (200°C) oven until hot, golden and bubbly, about 20 minutes.

PER EACH OF 10 SERVINGS: about 199 cal, 6 g pro, 18 g total fat (7 g sat. fat), 4 g carb (trace dietary fibre, 1 g sugar), 34 mg chol, 254 mg sodium, 113 mg potassium. % RDI: 14% calcium, 3% iron, 27% vit A, 22% vit C, 3% folate. ☀



LEARN HOW TO MAKE OUR
SESAME ALMOND SATAY DIP AT
canadianliving.com/sataydip.



Crispy radishes are great for dipping!



SESAME ALMOND SATAY DIP

Hands-on time: 10 minutes

Total time: 10 minutes

Makes: 6 servings (about 1 1/4 cups)

Almond butter makes this savoury dip extra creamy. The texture gets thicker the longer it sits, so thin it out with a bit of water before serving, if needed.

1/2 cup	smooth almond butter
3 tbsp	tahini
4 tsp	lime juice
1 tbsp	sodium-reduced soy sauce
1	piece (3/4-inch/2 cm) fresh ginger, peeled and sliced
1 tsp	liquid honey
1	clove garlic
1/4 tsp	each salt and pepper
	Toasted sesame seeds (optional)

In blender, purée almond butter, tahini, lime juice, soy sauce, ginger, honey, garlic, salt, pepper and 1/3 cup water until smooth, adding up to 2 tbsp more water if needed to reach desired consistency. Scrape into serving dish; sprinkle with sesame seeds (if using). *(Make-ahead: Cover and refrigerate for up to 24 hours. To serve, let stand at room temperature for 1 hour; whisk in water, 1/2 tsp at a time, until mixture reaches desired consistency.)*

PER SERVING: about 185 cal, 5 g pro, 16 g total fat (2 g sat. fat), 8 g carb (2 g dietary fibre, 2 g sugar), 0 mg chol, 299 mg sodium, 211 mg potassium. % RDI: 8% calcium, 11% iron, 2% vit C, 10% folate.

ALL-IN-ONE NACHO CHEESE DIP

ONLY 6 INGREDIENTS

Hands-on time: 20 minutes

Total time: 20 minutes

Makes: 8 to 10 servings (about 2 1/3 cups)

This easy recipe packs all the flavours of layered nachos into one addictive dip. To keep it warm all evening, hold the dip in a fondue pot set over a flame. For an extra kick, stir in hot sauce.

1 cup	milk
3 cups	shredded Cheddar cheese
2 tbsp	cornstarch
1/3 cup	salsa
2	green onions, thinly sliced
2 tbsp	coarsely chopped drained pickled jalapeño peppers

In small saucepan, heat milk over medium heat until bubbles begin to form around edge, about 3 minutes.

Toss Cheddar cheese with cornstarch; gradually whisk into milk, 1/2 cup at a time, until melted. Cook over medium heat, whisking often, until smooth and

thickened, about 5 minutes. Stir in salsa, green onions and jalapeño peppers. Serve warm.

PER EACH OF 10 SERVINGS: about 159 cal, 9 g pro, 12 g total fat (7 g sat. fat), 4 g carb (trace dietary fibre, 2 g sugar), 38 mg chol, 275 mg sodium, 106 mg potassium. % RDI: 25% calcium, 2% iron, 11% vit A, 2% vit C, 4% folate.

CHILI CHEESE CRAB DIP

Hands-on time: 25 minutes

Total time: 35 minutes

Makes: 12 servings (about 2 1/2 cups)

Bubbly cheese dip with chunks of crabmeat is a retro throwback that's bound to be a hit. While not overwhelmingly spicy, this dip has kick; for less heat, seed the chilies or substitute with diced sweet red pepper.

2 tbsp	butter
2	shallots, thinly sliced
2	red finger chili peppers, minced
2	cloves garlic, minced
2 tbsp	all-purpose flour
1 cup	milk
Half	pkg (250 g pkg) cream cheese, cubed and softened
1 1/2 cups	shredded old white Cheddar cheese
1	tub (227 g) crab claw meat, drained and patted dry
1 tbsp	Dijon mustard
Pinch	each salt and pepper
1/3 cup	chopped fresh parsley

In saucepan, melt butter over medium heat; cook shallots, chili peppers and garlic, stirring, until shallots are softened, about 3 minutes. Sprinkle with flour; cook, stirring, for 2 minutes.

Gradually whisk in milk until smooth. Cook, stirring, until thickened, about 4 minutes. Whisk in cream cheese until smooth, about 3 minutes. Whisk in two-thirds of the Cheddar cheese until melted and smooth, about 2 minutes. Stir in crabmeat, mustard, salt, pepper and parsley. Scrape into 3-cup (750 mL) ovenproof dish. *(Make-ahead: Let cool for 30 minutes. Cover with foil; refrigerate for up to 24 hours. Reheat, covered, in 400°F/200°C oven for 25 minutes. Uncover and continue with recipe.)*

Sprinkle with remaining Cheddar cheese. Broil until golden and bubbly, about 4 minutes. Let stand for 5 minutes before serving.

PER SERVING: about 142 cal, 8 g pro, 11 g total fat (6 g sat. fat), 4 g carb (trace dietary fibre, 2 g sugar), 45 mg chol, 281 mg sodium, 113 mg potassium. % RDI: 14% calcium, 5% iron, 16% vit A, 15% vit C, 5% folate. ●

Add a little pop to the party with these sparkling cocktail creations.

BY RHEANNA KISH & THE TEST KITCHEN
PHOTOGRAPHY BY JESSE BRIOUX

POUR
SOME
Bubbles

TESTED
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PERFECT



FOOD STYLING, ASHLEY DENTON PROP STYLING, AURELIE BRYCE



SIMPLE SYRUP
In saucepan, bring 1 cup each granulated sugar and water to boil, stirring until sugar is dissolved. Remove from heat; let cool for 20 minutes. Refrigerate until chilled, about 30 minutes. (Make-ahead: Refrigerate in airtight container for up to 1 month.) **Makes 1½ cups.**



SPARKLING MOJITO
In large glass measure, use muddler or handle of wooden spoon to muddle together 3 limes, each cut in 6 wedges; $\frac{1}{3}$ cup Simple Syrup (see recipe, above left); and 4 sprigs fresh mint. Stir in $\frac{3}{4}$ cup white rum; cover and refrigerate for 15 minutes. Strain into pitcher; stir in 1 chilled bottle (750 mL) sparkling wine. Garnish with lime slices and fresh mint leaves. Serve immediately over ice. **Makes 6 servings.**



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A drizzle of red wine syrup
imparts rich flavour and colour.

Red Wine-Poached
Pear Tartlets, P. 100

Sweet tarts and
turnovers add a fun yet
sophisticated finish to
your holiday meals.

BY RHEANNA KISH
& THE TEST KITCHEN

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PERFECT

Tiny Treats

RED WINE-POACHED PEAR TARTLETS

Hands-on time: 1 hour

Total time: 3½ hours

Makes: 8 tarts

The contrast of buttery cream and red wine-poached pears makes these tarts a stunning addition to your holiday spread. For the prettiest presentation, prepare the pastry, cream and poached pears in advance, then assemble the tarts just before serving. Use a small melon baller or a metal measuring spoon to easily core the pears.

1¼ cups all-purpose flour
1 tbsp granulated sugar
¼ tsp salt
½ cup cold unsalted butter, cubed
¼ cup ice water (approx)

Vanilla Cream:

4 egg yolks
½ cup granulated sugar
2 tbsp all-purpose flour
1¼ cups milk
2 tsp unsalted butter, cubed
1 tsp vanilla

Poached Pears:

1½ cups red wine
½ cup granulated sugar
4 tsp lemon juice
1 cinnamon stick
Half vanilla bean, split lengthwise
3 small firm ripe Bosc pears, peeled, halved lengthwise and cored

In large bowl, whisk together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces. Drizzle ice water over top, tossing with fork to form ragged dough and adding up to 1 tsp more ice water if necessary. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 30 minutes.

On lightly floured work surface, roll out dough to generous ½-inch (3 mm) thickness. Using 4½-inch (11 cm) round cutter, cut out 8 rounds, rerolling scraps as necessary. Press 1 round into each of eight 4-inch (10 cm) round mini tart pans with removable bottoms. Refrigerate on rimmed baking sheet until chilled, about 30 minutes.

Prick pastry bottoms all over with fork; line each with parchment paper and fill with pie weights or dried beans. Bake in 375°F (190°C) oven until edges are golden, 12 to 14 minutes. Remove weights and parchment paper; bake until pastry is golden, 9 to 11 minutes. Let cool completely in pans. (*Make-ahead: Remove from tart pans; store between sheets of waxed paper in airtight container for up to 24 hours.*)

Vanilla Cream: Meanwhile, in bowl, whisk together egg yolks, sugar and flour until pale, smooth and thickened. In heavy-bottomed saucepan, heat milk just until bubbles begin to form around edge; gradually whisk into egg yolk mixture until combined. Return to saucepan; bring to boil, whisking constantly. Reduce heat to medium-low; cook, whisking constantly, until mixture is consistency of pudding, about 3 minutes. Remove from heat; whisk in butter and vanilla until smooth. Strain through fine-mesh sieve into clean bowl; place plastic wrap directly on surface. Refrigerate until chilled, about 2 hours. (*Make-ahead: Refrigerate for up to 24 hours.*)

Poached Pears: In saucepan, bring wine, sugar, lemon juice, cinnamon stick and vanilla bean to boil. Add pears; reduce heat and simmer, turning occasionally, just until a knife inserted in several meets no resistance, 8 to 12 minutes. Remove from heat; let pears cool in liquid for 20 minutes. Using slotted spoon, transfer pears to cutting board. Discard cinnamon stick and vanilla bean; bring liquid to boil. Reduce heat; simmer until thick and syrupy, about 10 minutes. (*Make-ahead: Refrigerate pears and syrup separately in airtight containers for up to 24 hours. Bring pears to room temperature and reheat syrup before assembling tarts.*) Cut pears lengthwise into scant ¼-inch (5 mm) thick slices.

Spoon about 2 tbsp of the cream into each tart shell; top with pear slices and drizzle with red wine syrup.

PER TART: about 377 cal, 5 g pro, 15 g total fat (8 g sat. fat), 53 g carb (2 g dietary fibre, 35 g sugar), 129 mg chol, 91 mg sodium, 218 mg potassium. % RDI: 7% calcium, 11% iron, 18% vit A, 3% vit C, 22% folate.

APPLE CINNAMON TURNOVERS

Hands-on time: 45 minutes

Total time: 3½ hours

Makes: 8 turnovers

Brown butter adds rich, nutty flavour to these flaky apple-stuffed pastries. We love the combination of apple and Cheddar, but if you'd prefer strictly sweet turnovers, simply omit the cheese.

2½ cups all-purpose flour
2 tbsp granulated sugar
¼ tsp salt
¾ cup cold unsalted butter, cubed
¾ cup ice water (approx)
1 egg

Brown Butter Apple Filling:

2 tbsp unsalted butter
3 cups diced cored peeled baking apples (such as Braeburn, Northern Spy or Golden Delicious)
¼ cup packed brown sugar
3 tbsp all-purpose flour
2 tsp lemon juice
¼ tsp cinnamon
Pinch each nutmeg and salt
½ cup shredded old Cheddar cheese (optional)

Glaze:
½ cup icing sugar
4 tsp milk

In large bowl, whisk together flour, sugar and salt. Using pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs with a few larger pieces. Drizzle ice water over top, tossing with fork to form ragged dough and adding up to 1 tsp more ice water if necessary. Divide dough in half; shape into squares. Wrap each in plastic wrap; refrigerate until chilled, about 1 hour.

Working with 1 square at a time, on lightly floured work surface, roll out dough into 12-inch (30 cm) squares, trimming edges; cut each into quarters. Arrange on parchment paper-lined baking sheet. Refrigerate for 15 minutes.

Brown Butter Apple Filling: Meanwhile, in small saucepan, melt butter over medium heat; continue to cook, swirling occasionally, until browned and fragrant, 2 to 3 minutes. Let cool.

In large bowl, toss together apples, brown sugar, flour, lemon juice, cinnamon, nutmeg and salt; stir in brown butter and Cheddar cheese (if using). Spoon $\frac{1}{3}$ cup of the apple mixture onto centre of each pastry square. Beat egg with 2 tsp water; brush over pastry edges. Fold into triangles; crimp edges with fork to seal. (Make-ahead: Cover with plastic wrap; refrigerate for up to 24 hours.) Brush all over with remaining egg mixture. Bake, 1 sheet at a time, in 425°F (220°C) oven until golden, 20 to 25 minutes. Let cool on pans.

Glaze: Beat icing sugar with milk until smooth; drizzle over tops of turnovers. Let stand until set, about 10 minutes.

PER TURNOVER: about 439 cal, 6 g pro, 22 g total fat (13 g sat. fat), 55 g carb (2 g dietary fibre, 24 g sugar), 76 mg chol, 87 mg sodium, 107 mg potassium. % RDI: 2% calcium, 16% iron, 19% vit A, 2% vit C, 30% folate. 



"I absolutely love the combination of apple and Cheddar; so cheese was a no-brainer addition to these flaky turnovers. Of course, they're fine without it—but a sprinkling of savoury Cheddar in each makes them over-the-top delicious!"

—RHEANNA KISH,
SENIOR FOOD SPECIALIST





CHOCOLATE PECAN TARTLETS

Hands-on time: 45 minutes

Total time: 2 hours

Makes: 8 tarts

The decadent flavour of this honey-infused pecan pie filling is made even more addictive when topped with chunks of dark chocolate. We've added cocoa powder to the crust for a sinful double dose of chocolate.

½ cup	butter
1 cup	packed brown sugar
½ cup	liquid honey
1 tbsp	cider vinegar
2 tsp	vanilla
3	eggs, lightly whisked
1 cup	pecan halves
1	bar (100 g) good-quality 70% dark chocolate, chopped

Pastry:

½ cup	butter, softened
½ cup	granulated sugar
1	egg yolk
½ tsp	vanilla
1 cup	all-purpose flour
½ cup	cocoa powder
¼ tsp	baking powder
Pinch	salt

Pastry: In bowl, beat butter with sugar until fluffy; beat in egg yolk and vanilla. In separate bowl, whisk together flour, cocoa powder, baking powder and salt; stir into butter mixture until smooth.

Divide among eight 4-inch (10 cm) mini tart pans with removable bottoms, pressing pastry into bottoms and up sides. Prick bottoms all over with fork. Refrigerate on rimmed baking sheet until chilled, about 30 minutes.

Meanwhile, in saucepan, melt butter over medium heat. Add brown sugar; cook, whisking, until smooth, about 1 minute. Remove from heat; whisk in honey, vinegar and vanilla. Whisk in eggs.

Divide pecans and chocolate among pastry shells; pour egg mixture over top.

Bake in bottom third of 350°F (180°C) oven until filling is set, 20 to 24 minutes. Let cool completely in pans. (*Make-ahead:* Remove from tart pans; store in airtight container for up to 2 days.)

PER TART: about 667 cal, 8 g pro, 41 g total fat (20 g sat. fat), 74 g carb (4 g dietary fibre, 56 g sugar), 154 mg chol, 209 mg sodium, 326 mg potassium. % RDI: 6% calcium, 27% iron, 25% vit A, 19% folate.



JAM STREUSEL MINI TARTLETS

Hands-on time: 35 minutes

Total time: 3 hours

Makes: 12 tartlets

Bursting with rustic charm, these easy jam tartlets are a great ending to a family meal. We used cherry jam, but feel free to substitute with your favourite fruit. For extra appeal, serve with a dollop of freshly whipped cream.

1 1/4 cups	all-purpose flour
1/4 tsp	salt
1/4 cup	cold butter, cubed
1/4 cup	lard, cubed
2 tbsp	ice water (approx)
4 tsp	sour cream
1 1/4 cups	cherry jam

Almond Streusel:

1/2 cup	all-purpose flour
1/2 cup	granulated sugar
1/4 cup	cold butter, cubed
1/3 cup	sliced natural (skin-on) almonds

In large bowl, whisk flour with salt. Using pastry blender or 2 knives, cut in butter and lard until mixture resembles coarse crumbs with a few larger pieces. Whisk ice water with sour cream; drizzle over flour mixture, tossing with fork to form ragged dough and adding up to 1 tsp more ice water if necessary. Shape into disc; wrap in plastic wrap. Refrigerate until chilled, about 1 hour.

On lightly floured work surface, roll out dough to 1/8-inch (3 mm) thickness. Using 3 3/4-inch (10 cm) round cutter, cut out 12 rounds, rerolling scraps if necessary. Press 1 pastry round into each

well of 12-count muffin tin. Refrigerate until chilled, about 30 minutes.

Almond Streusel: Meanwhile, in bowl, whisk flour with sugar. Using pastry blender or 2 knives, cut in butter until mixture is crumbly and holds together in big clumps, using fingertips to blend if necessary. Stir in almonds. Set aside.

Spoon rounded 1 tbsp of the jam into each pastry; top with streusel.

Bake on rimmed baking sheet in bottom third of 350°F (180°C) oven until pastry and streusel are light golden and filling is bubbly, 20 to 25 minutes. Let cool completely in pan. (Make-ahead: Store in airtight container for up to 24 hours.)

PER TARTLET: about 308 cal, 3 g pro, 14 g total fat (7 g sat. fat), 44 g carb (1 g dietary fibre, 25 g sugar), 24 mg chol, 494 mg sodium, 66 mg potassium. % RD: 2% calcium, 8% iron, 7% vit A, 5% vit C, 14% folate. ●

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 [N] = Nut-Free



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BY JENNIFER BARTOLI & THE TEST KITCHEN



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